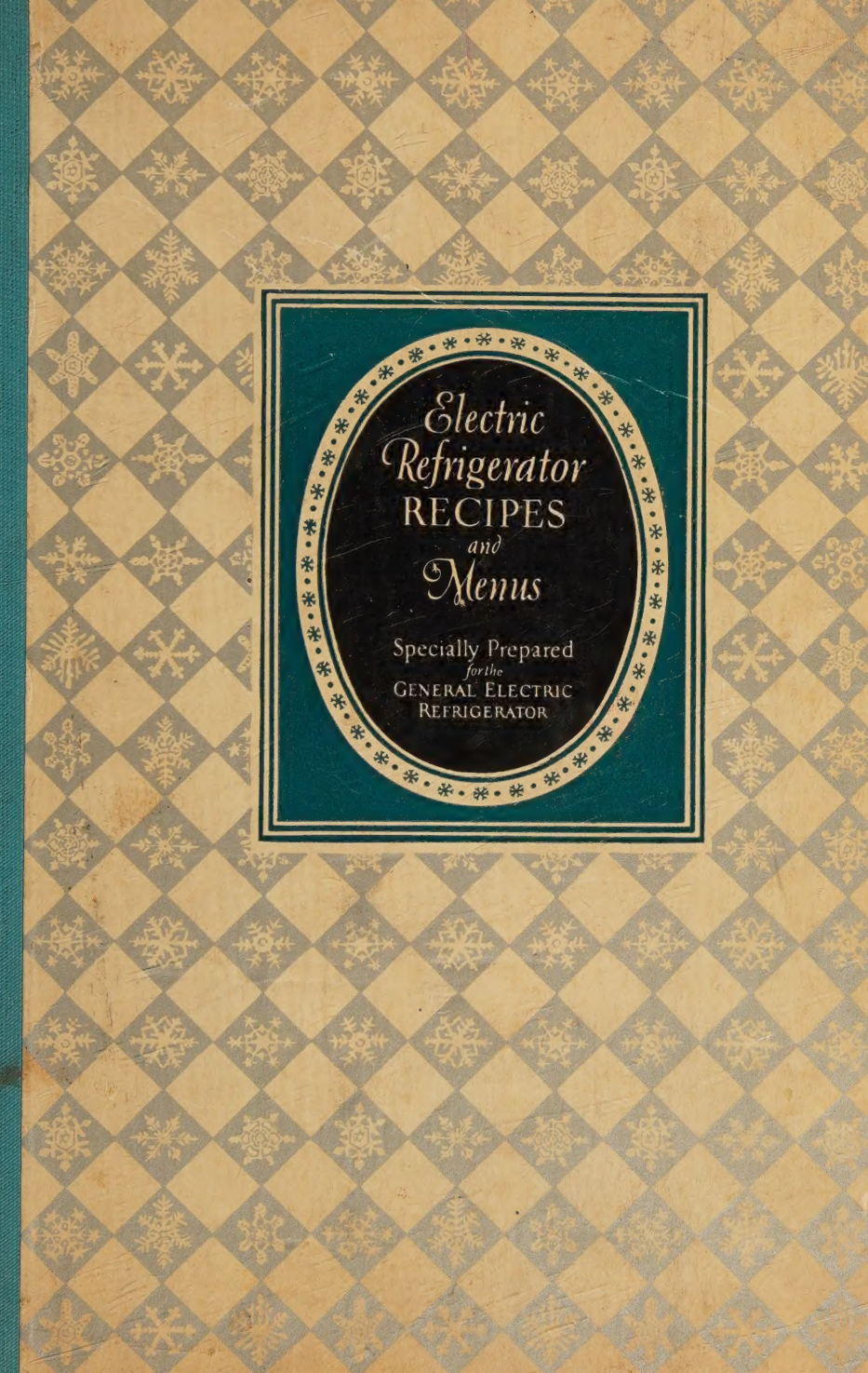

Electric
Refrigerator
RECIPES
and
Menus
Specially Prepared
for the
GENERAL ELECTRIC
REFRIGERATOR

Mrs. Glen Reynolds
14840 Boyle Ave.
Detroit, Mich.

Spring 1929

Electric
Refrigerator
RECIPES
and
Menus
Specially Prepared
for the
GENERAL ELECTRIC
REFRIGERATOR

Digitized by the Internet Archive
in 2025

https://archive.org/details/bwb_W9-CNP-501

ELECTRIC REFRIGERATOR MENUS *and* RECIPES

Recipes prepared especially for the General Electric Refrigerator

by

MISS ALICE BRADLEY

Principal of Miss Farmer's School of Cookery, Cooking Editor of Woman's Home Companion, Author of: Cooking for Profit, Candy Cook Book, For Luncheon and Supper Guests

PRICE TWO DOLLARS

To the

MODERN AMERICAN HOMEMAKER

COPYRIGHT 1927

GENERAL ELECTRIC COMPANY
Electric Refrigeration Department
Hanna Building, Cleveland
Fifth Edition · *September* 1929
PRINTED IN U. S. A.

FOREWORD

With a General Electric Refrigerator, many of your family food problems and your perplexities about entertaining can easily be solved. The suggestions listed and the recipes which have been tested and compiled are intended to serve as a guidebook for you.

In the main, I have given basic recipes planned for four to six people. These foundation recipes have been adapted particularly for the General Electric Refrigerator. By varying flavors and colorings and garnishes, you may provide an endless number of tempting dishes.

To many people electric refrigeration is still such a novelty that they scarcely realize the range of its possibilities. It is almost like having an Aladdin's lamp and not knowing the right way to rub it. With a General Electric Refrigerator, simple recipes, easily prepared, produce delightful results. The refrigerator itself requires no attention, not even oiling, and is surprisingly easy to keep clean.

The owning of such a refrigerator is a form of health and happiness insurance which every homemaker in America should have the privilege of enjoying. The information on the following pages is intended to make the use of this newest model as pleasant and valuable as possible.

Most of all, I hope that you will find real joy in creating new frozen combinations and finding new uses for your General Electric Refrigerator.

Alice Bradley

CONTENTS

	Page
Foreword	7
Menus for Different Occasions	10
Concerning Refrigerators	30
General Directions	33
Methods of Freezing	43
Ice Blocks — Plain and Fancy	53
Cold Soups and Aspic Jelly	57
Fruit Cocktails and Frozen Salads	63
Ices, Sherbets and Frozen Fruits	71
Mousses, Parfaits and Ice Creams	79
Ice Cream Sauces	95
Twenty-seven Flavors for Frozen Desserts	97
Attractive Methods of Serving Frozen Desserts	101
Frozen Delicacies to Tempt the Invalid	111
Chilled Desserts and Pastries	114
The General Electric Refrigerator	120

INDEX TO MENUS AND RECIPES
Pages 124 to 136 inclusive

Menus
FOR DIFFERENT OCCASIONS

PLANNING three meals a day, three hundred and sixty-five days in the year, may be a most interesting game or may result in a deadly monotony of dishes. Nevertheless, people have to be fed and most families are happier if they have occasional guests.

Nutrition authorities tell us that fresh fruit and vegetables and milk are daily necessities for well planned meals. To keep these properly, requires refrigeration.

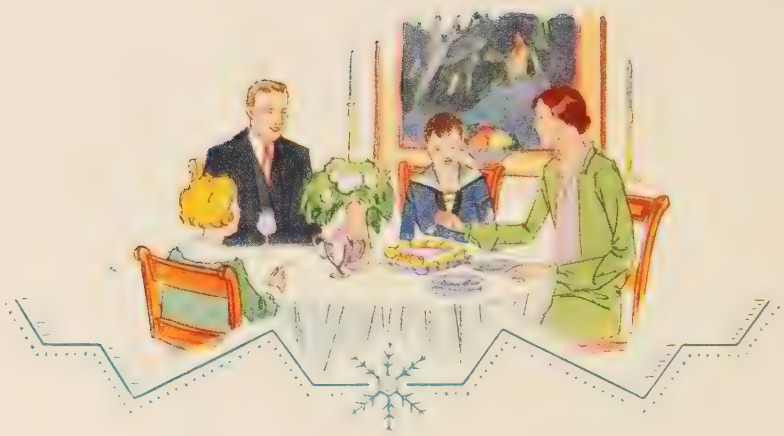
Because of the part the refrigerator plays in the care of foodstuffs and the preparation of meals it is desirable to have it as near as possible to the place where cooking is done and to the dining room as well.

From the chilled fruit that is served for breakfast, the ice cubes that are frozen for

water, the milk given to the children, the firm butter squares or balls, the crisp salad and the cold or frozen dessert that completes the dinner, to the iced beverage that is so popular when taken just before retiring, the refrigerator plays an important part in making food appetizing and inviting.

With a reliable refrigerator not only fresh food supplies but left-overs are kept from spoiling. With a little thought you will find that almost anything can go into a soup, hash, stew, salad or ice cream. Many of the dishes suggested in the menus may be made of small amounts of food stuff added to salad dressing, whipped cream or custard.

We suggest that you study the recipes and especially the suggestions that follow many of the recipes until you acquire the dare to make other combinations than those suggested. Salads and desserts not listed in any cook book can easily and quickly be put together, and never twice alike. If chilled or frozen they will be greeted by a delighted family. All the alluring drug store favorites can be prepared from pure materials and served at meal time, as they should be.



FAMILY MENUS

In planning menus for the family it is a great help to know approximately how much perishable foodstuff is required for each person.

The amounts allowed for one person for one day should be about as follows:

Milk—for children, 1 quart; for adults, 1 pint

Vegetables—two beside potatoes, including one raw or leafy vegetable or canned tomatoes.

Fruit — two servings.

Eggs, meat, fish, cheese or other protein food, two servings.

Butter and other fats and oils, about 2 ounces.

Whole grains, as bread and cereal, two servings.

Other fuel foods, starch and sugar, in amounts to meet body needs and satisfy the appetite.

Breakfast

Prunes Baked with Orange Juice and Chilled
Cracked Wheat and Thin Cream
Scrambled Eggs Toast
Doughnuts
Coffee, Cocoa or Milk

Luncheon

Cream of Tomato Soup Croutons
Frozen Pineapple Salad
Hot Baking Powder Biscuits
Tea with Ice Blocks

Dinner

Hot Bouillon in Cups
Cold Roast Beef Delmonico Potatoes
Mashed Squash
Chilled Lettuce with Russian Dressing
Apple Pie and Frozen Whipped Cream
Coffee

Breakfast

Canteloupe with Crushed Ice
Rye Mush Thin Cream
Griddle Cakes with Syrup
Coffee, Cocoa or Milk

Luncheon

Cream of Squash Soup
Scrambled Eggs with Bacon Graham Muffins
Chilled Salad Greens French Dressing
Ice Cream Pies

Dinner

Chicken Bouillon
Hamburg Steak Mashed Potato with Paprika
Creamed Cabbage
Frozen Fruit Salad with Whipped Cream
Coffee

Breakfast

Partially Frozen Grape Juice
Fried Corn Meal Mush with Syrup
Bacon Whole Wheat Toast
Coffee, Cocoa or Milk

Dinner

Grapefruit Cocktail
Consommé
Olives Celery
Fried Chicken Boiled Rice Green Peas
Cucumber Salad
Sundae with Mocha Chocolate Sauce
Sponge Cakes
Coffee

Supper

Welsh Rarebit on Crackers
Stuffed Tomatoes in Aspic Jelly
Bread and Butter Sandwiches
Chocolate Layer Cake
Frappéd Ginger Ale

MENUS FOR INFORMAL LUNCHEONS

If one forms the habit of keeping special things in the electric refrigerator any meal may be a company meal. Soup stock may be kept in a covered glass jar and served jellied or quickly heated. Salad greens and dressings keep fresh in covered containers.

White sauce which is the base of so many soups and creamed things may be made up by the pint when there is extra milk on hand and will be ready for use.

Cookie dough can be sliced off and baked at a moment's notice. Ice cream sauces may be kept on hand and served with any kind of frozen custard, or whipped cream, and ice creams and mousses will keep for several days in the chilling unit.

I

Jellied Soup Stock (with Mushrooms)
Creamed Eggs with Bacon
Cabbage and Carrot Salad — Mayonnaise Dressing
Apricot Cream — Lady Fingers
Tea

II

Grapefruit Cocktail
Tomato Consommé — Cheese Straws
Frozen Lobster Salad — French Rolls
Mocha Cake
Tea with Ice Blocks

III

Cream of Spinach Soup — Toasterettes
Club Sandwich — Pickles
Orange Pekoe Mousse — Little Chocolate Cakes
Ginger Ale chilled in chilling unit

IV

Iced Fruit Soup
French Toast Sandwich with Chopped Ham Filling
Currant Jelly
Stringless Bean Salad
Eclairs with Hot Chocolate Sauce
Coffee

V

Cream of Potato Soup — Paprika Crackers
Cucumber Salad with Russian Dressing
Toasted Cheese Biscuits
Hot Mince Pie with Frozen Whipped Cream
Tea with Ice Blocks and Ginger Ale

VI

Cheese Fondue Scalloped Tomatoes
Whole Wheat Bread and Butter
Lemon Cream Sherbet Cocoanut Cakes
Coffee with Ice Blocks and Cream

VII

Jellied Soup Stock in Cubes with Mint
Salmon Croquettes with Peas
Celery Stuffed with Cream Cheese
Rice and Pineapple with Cream
Butterscotch Icebox Cookies
Tea

VIII

Melon Cocktail
Cheese Soufflé
Tomato Jelly Salad
Baking Powder Biscuits
Ice Cream Sandwich with Pineapple Mint Sauce
Coffee

IX

Chicken Soup with Noodles
Creamed Tuna Fish in Patty Cases
Asparagus Salad French Dressing
Chocolate Mousse Cocoanut Icebox Cookies
Tea

MENUS FOR AFTERNOON BRIDGE

The hostess who entertains at a bridge party does not like to leave her guests very long in order to prepare refreshments. Here the refrigerator plays an important part. Salads and desserts can be prepared in the morning, sandwiches may be made, wrapped in dry cheesecloth and in damp cheesecloth, and put in a covered receptacle; syrup and fruit juices for the fruit punch may be combined in a covered glass jar, the ice blocks decorated ready for use, and the charged water bottles put in to chill.

With the preparations made in the morning, it is a simple matter to take things out on a tray, and carry them to the card tables when it is time for the refreshments to be served.

I

Salad in Aspic Jelly — Salad Rolls
Raspberry Ice Cream Sandwich
Hot Chocolate
Bonbons — Nuts

II

Chilled Fruit Salad — Cream Cheese Sandwiches
Decorated Icebox Cookies — Hot Coffee

III

Finger Rolls filled with Chicken Salad
Cheese, Olive and Almond Sandwiches
French Pastries
Punch with Decorated Ice Blocks

IV

Layer Sandwiches — Russian Tea
Biscuit Tortoni
Peppermints

V

Cherry and Almond Sandwiches
Rolled Cheese Sandwiches
Chocolate Mousse, Marquise and Orange Pekoe Mousse in Layers
Tiny Frosted Cakes
Coffee

VI

Frozen Strawberries Whipped Cream
Ladyfingers

VII

Pineapple Mint Smash
Macaroons Assorted Wafers

VIII

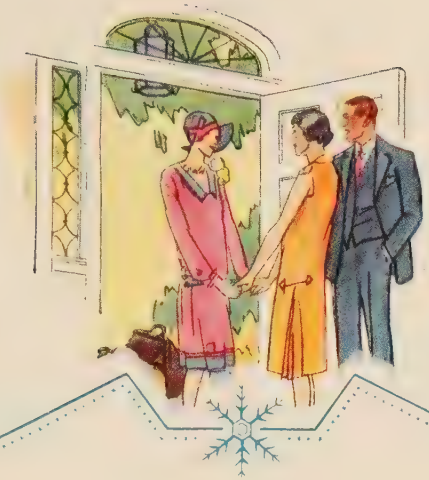
Cinnamon Toast
Tea
Fig Almond Sundae
Little Chocolate Cakes

IX

Creamed Eggs and Asparagus Toast Points
Decorated Peach Mousse in Paper Cases
Cocoanut Cakes
Tea

X

Eclairs filled with Tuna Salad
Celery Sandwiches
Olives
Vanilla Mousse in Paper Cases garnished with
Red Cherries and Black Raisins
Iced Grape Juice



MENUS FOR WEEK-END GUESTS

The entertainment of week-end guests is greatly facilitated if one has a General Electric Refrigerator. Menus should be planned and some work be done in advance for all the meals which guests will share.

Many things may be purchased and prepared on Friday. Soup stock, salad dressings, jellied and chilled desserts may be made up ahead and served with little effort. Something different can be put into the chilling unit following each meal so that it will be ready for the next meal.

Small pans may be secured so that two frozen things like frozen pineapple and frozen cheese may be put into the chilling unit at the same time.

Friday Dinner

Grapefruit Cocktail
Olives Celery
Consommé
Fillets of Sole Hollandaise Sauce
Mashed Potato
Baked Spinach
Chiffonade Salad Crackers
Pistachio Parfait in Paper Charlotte Russe Cups
Little Sponge Cakes
Coffee

Saturday Breakfast

Orange Juice Cocktail
Farina with Cream
Scrambled Eggs Bran Muffins
Doughnuts
Coffee, Cocoa or Milk

Luncheon

Jellied Soup Stock (with Beets) Saltines
Creamed Crab Meat in Patty Cases Peas
Salad Rolls
Pears Frozen with Ginger Ale
Cream Mayonnaise
Tea

Dinner

Cream of Celery Soup Crackers
Porterhouse Steak Maitre d'Hotel Butter
French Fried Potatoes
Creamed Cauliflower or Broccoli
Tomato Frappé
Orange Jelly with Fruit
Coffee

Sunday Breakfast

Chilled Grapefruit
Breakfast Bacon Corn Muffins
Waffles Maple Syrup
Coffee, Cocoa or Milk

Dinner

Caviar Canapé
Chicken Soup
Olives Dinner Rolls Salted Almonds
Roast Ham Frozen Crushed Pineapple
Southern Sweet Potatoes
Lima Beans
Romaine with French Dressing Frozen Cheese
Chocolate Icebox Pudding
Black Coffee

Supper

Chicken à la King on Toast
Tomato Stuffed with Frozen Salad Salad Rolls
Orange Layer Cake
Chocolate

Monday Breakfast

Chilled Grapes
Cornflakes Thin Cream
French Omelet Buttered Toast
Coffee

PARTY MENUS FOR CHILDREN

"When is the party going to begin?" is the query of the youngsters before the refreshments are served. Even though the children are small there are many frozen things that are not too rich which may easily be prepared in a General Electric Refrigerator.

Whipped cream and tiny candies may be used to make decorations which will excite shouts of glee.

For a large party, ice cream can be served in cones which to many childish eyes seem far more interesting than ice cream on plates.

Simple desserts, chilled in the chilling unit and served delicately colored and daintily garnished, make an appeal that they would not have if served in the regular way.

I

Bread and Butter Sandwiches in Fancy Shapes
Vanilla Mousse II Decorated with Whipped Cream
Sponge Birthday Cake
Orange Punch

II

Round Jelly Sandwiches
Animal Crackers
Baked Alaska
Marshmallow Bunnies
Cambric Tea

III

Brown Bread Sandwiches
Rolled Jelly Sandwiches
Cocoa
Vanilla Milk Mousse with Strawberries
Animal Cookies

IV

Cream of Spinach Soup
Crisp Toast Fingers
Cinnamon Mousse in Charlotte Russe Cups
Angel Cake
Cocoa Shells

V

Cream of Chicken Soup with Egg Yolks
Orange Salad in Orange Baskets Peanut Butter Sandwiches
Chocolate Ice Cream with Evaporated Milk
Ginger Wafers Little Frosted Cakes
Milk (colored pink)

VI

Egg Sandwiches
Frozen Chicken Salad
Orange Colored Punch with Decorated Ice Block
Yellow Frosted Cakes

VII

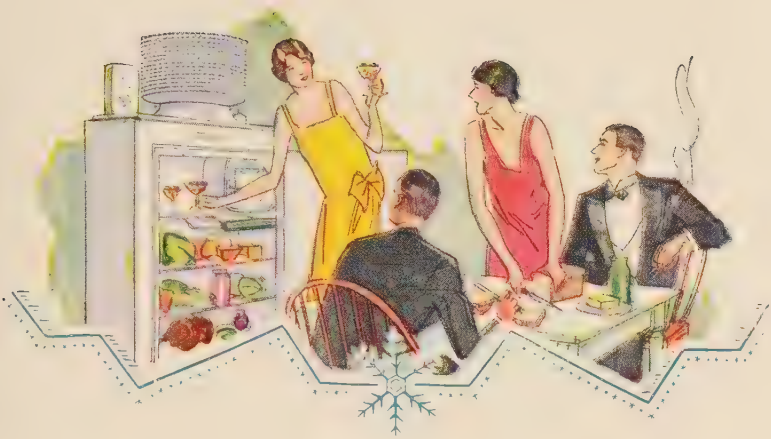
Eggs à la Golden Rod
Chocolate Float Sponge Cake
Gum Drop Animals

VIII

Peanut Butter and Cream Cheese Sandwiches
Butterscotch Sundae
Filled Cookies
Hot Cocoa with Marshmallows

IX

Flag Sandwiches
Brown Bread Sandwich Logs
Ice Cream Cones with red Corallettes
Orange Cookies
Lemonade with Blackberry Ice Blocks



AFTER-THEATER LUNCHES

When you are entertaining friends at the theater you often want to offer them some refreshments after the performance, but an after-the-theater supper at a restaurant or hotel is often expensive and a home meal may be more delicious and interesting.

Place beverages to chill and put a delicious mousse or parfait in the chilling unit of the General Electric Refrigerator immediately after dinner and it should be ready to serve upon your return from the theater.

With an electric refrigerator and an electric grill a dainty and appetizing supper may be ready to eat shortly after your return.

I

Open Hot Cheese and Bacon Sandwiches
Decorated Angel Parfait in Charlotte Russe Cups
Hot Chocolate

II

Creamed Sardines and Eggs
Tiny Baking Powder Biscuit
Loganberry Fruice Mousse on Circles of Cake
Coffee

III

Toasted Lobster Sandwiches
Coffee Float
Frosted Cookies

IV

Toasted Chicken Salad Sandwich
Olives Coffee
Chocolate Mint Coupe
Marguerites

V

Hot Tomato and Bacon on Toast
Maple Parfait Little Quick Cakes
Ginger Ale

VI

Tomato Rarebit on Crackers
Fudge Luxuro Eclair Coffee

VII

Hot Oyster Stew Crisp Crackers
Sundae with Melba Sauce Fudge Squares
Orangeade

VIII

Frozen Crab Meat Salad
Hot Luncheon Rolls
Pineapple Layer Cake
Chocolate Ice Cream Soda

IX

English Monkey with Crackers
Vanilla Mousse I double-molded with
Grape Juice Ice
Silver Cake Cocoa

CONCERNING REFRIGERATORS

Why a Refrigerator? Most fresh foodstuffs and many kinds of cooked foods must be kept at a temperature below 50 degrees F. to prevent the rapid growth of the bacteria that cause them to sour or spoil.

Many people find it convenient and economical to purchase perishable food such as meat and fish, fruit and vegetables in sufficient quantity to last several days. This is not economical if the food spoils.

According to the United States Department of Agriculture, nature can furnish you with adequate refrigeration only a few days during the year. To keep milk, butter and other foods palatable and in a safe condition refrigeration is necessary in both summer and winter.

Electric refrigeration means so much in health, in comfort and in common sense economy that the modern American homemaker no longer regards it as a summer luxury.

Often it is desirable to have ice to chill the drinking water. In the summer many other beverages must be chilled with ice or in a refrigerator. The daily salad must be cold and crisp to be appetizing.

Cold desserts should be served cold and those that are frozen are far more popular than any others.

Sick people often need ice bags, ice cream and partly frozen nourishment of various kinds.

For these reasons and many more, an adequate refrigerator becomes a necessity in most homes.

What is an Adequate Refrigerator? An adequate refrigerator is large enough to meet the usual needs of the family for storage of food and ice; cold enough to keep food sweet for several days; so constructed that it is easy to clean; so placed that it is conveniently accessible to the housewife or the cook when preparing and clearing away the meals.

Most Electric Refrigerators meet all these needs without the inconvenience of bringing in ice and carrying off the water as it melts away.

The Chilling Unit — The temperature of the interior of the chilling unit of a General Electric Refrigerator is below the freezing point. This unit is used for freezing ice, for freezing desserts and salads, and for chilling things which are served very cold or wanted very quickly. The space immediately below the chilling unit is much colder than any section of an ice refrigerator. The temperature of the remaining space is several degrees lower than in ice refrigerators.

REFRIGERATOR DISHES CONSERVE SPACE

With a General Electric Refrigerator butter, eggs, salad ingredients, meat and fish—even milk and cream sufficient for several days, may be purchased at one time

GENERAL DIRECTIONS

To Defrost the Chilling Unit

When the ice coating on the walls of the chilling unit becomes so thick that you have difficulty removing the trays it should be defrosted.

Remove this ice coating by turning the switch "OFF" allowing the frost to melt and drip into the glass receptacle underneath. It may be well to take out the ice trays before doing this, so they will not collect the drip from the chilling unit. Ample refrigeration is provided during this time by the melting of the ice.

Defrosting may be done over night. Empty the glass tray early the next morning and thoroughly clean and dry the chilling unit. Then turn the switch to "ON" position.

Arrangement of Contents of Refrigerator

Circulation of air through the cabinet is necessary and the food should be arranged to allow for this. Overcrowding of the food shelves should be avoided.

Directly below the chilling unit cubes of ice can be kept in the glass tray for a day and will melt very little. Below this is the best place for foods that spoil quickly.

Six one-quart milk bottles can be kept on the upper left-hand shelf. Keep them capped. The next shelf is

best for butter, meat, fish, etc. The bottom of the refrigerator may be used for left-overs and cooked foods. Liquid foods should be kept covered. Covered foods keep sweet a little better than uncovered. This also prevents their drying out.

Glass or agate refrigerator dishes that fit one on top of another or extra refrigerator pans with covers, make it possible to keep a great amount and variety of food in the refrigerator at one time. Square covered agate or glass dishes are best for butter, margarine and meat, cheese and fish, and other foods with strong odors. Fish, in a covered dish, should be placed in the chill tray beneath the chilling unit.

Directions for Cleaning

Treat the cabinet as you would any good piece of furniture. A weak soda solution should be used for cleaning the ice trays, dividers and interior of the cabinet. The ice trays should be cleaned thoroughly after using.

Many Foods Are Improved by Chilling

Fruit and fruit juices that are to be served for breakfast can be prepared and put into the refrigerator the night before. Exceptions are cantaloupe and fresh pineapple, which cause an unpleasant odor if left in the refrigerator, unless closely covered.

Fruit Cocktails served as a first course at luncheon or dinner should be prepared some time in advance and kept in the refrigerator until wanted.

Hors'd'Oeuvres, especially those made with seasoned butter and caviar, can be put into the refrigerator and chilled before serving.

Jellied Soups will congeal quickly or can be partially frozen in the chilling unit.

Salad Greens — Lettuce, parsley, celery and other greens should be washed when they come from the market and be kept in tightly covered glass, agate, aluminum or tin containers. In this way they will keep fresh and crisp for a long time.

Salads and Salad Dressings should be left in the refrigerator until the moment of serving. They may often be placed just below the chilling unit, but not in contact with it.

Chilling Dishes — Plates on which salads and cold desserts are to be served may be chilled in the refrigerator until serving time.

Aspic Jelly and all kinds of *jellied salads* and *desserts*, if the time is short, can be jellied in the chilling unit.

Plain Pastry and Puff Paste can be chilled in the chilling unit or directly below it and can be rolled out much more easily than if they were not chilled.

Cookie Dough can be mixed softer than usual and chilled for several hours or over night near the chilling unit. It can then be cut in very thin slices and baked, without rolling and cutting with a cookie cutter.

All Kinds of Cold Beverages are improved by being chilled — either by leaving them in the refrigerator for a short time or by serving them with ice blocks.

Left-overs Can Be Used Attractively

The General Electric Refrigerator not only keeps food from spoiling, but makes it possible to use left-overs attractively. Odds and ends of meat, fish, fruit and vegetables may be combined in a jellied or frozen salad (see No. 12, Frozen Salads, page 65, or No. 24). Fruits, and fruit juices, jellies, jam and marmalade can be combined with whipped cream to make luscious desserts (see Fruit Creams, page 75). Brown bread crumbs and cake crumbs can be added to a Mousse—No. 38. Odds and ends of meat, fish or vegetables can be combined to make delicious soups that can be cleared and jellied (Jellied Soups and Aspic Jelly, page 57, and No. 9).

Number Served by the Recipes

Most recipes in this book make one and one-half pints when frozen and serve four to eight people.

To Serve More Than Four to Eight People

It is very easy to double any recipe in this book to make enough for eight to sixteen people. Two quarts of mixture are required to fill the large pan, therefore some recipes must be increased three times. When the large pan is filled, there is sufficient frozen dessert to serve twelve to sixteen people.

How to Measure

In all recipes measurements are made level. Measuring cups divided into thirds and quarters are used and teaspoons and tablespoons or measuring spoons. These spoons are filled with dry material and leveled off with a knife.

What Can Be Frozen

Water can be frozen in the pans, with or without the frames. With the frame, ice cubes are made for chilling beverages or to be crushed for chilling fruit, cocktails, etc. Any whipped cream, mousse, parfait, charlotte russe, or bavarian cream mixture can be frozen in the pan of the General Electric Refrigerator if not too sweet or containing too much gelatine. These desserts do not need to be stirred while they are freezing.

Sherbets and ice creams may be frozen but are not as smooth as though frozen in an ice cream freezer. They must be stirred or beaten occasionally while freezing. The addition of gelatine or flour to thicken, and of corn syrup in place of part of the sugar, insures a smoother mixture than is secured with ordinary recipes. The more cream used the richer and smoother the mixture will be.

To Whip Cream

Whipped cream is an ingredient of many frozen dishes. Heavy cream or 40 per cent cream should be used for whipping. A mayonnaise mixer or low quart measure or the top of a double boiler or a straight sided bowl,

with a rotary egg beater, should be used for beating cream; the straight sides prevent the spattering of the cream, and the rotary beater, while it may not beat it quite as light as a whisk, does it more quickly and efficiently. When the cream begins to thicken, it is often possible to add, one at a time, from two to six tablespoons of milk or other liquid to a half-pint of cream if it is very heavy.

How to Use Evaporated Milk

When it is inconvenient to get heavy cream, evaporated milk can be used instead with excellent results. The mixture is not as rich or expensive as a frozen dessert made with cream. It will be smooth and not icy unless it stands in the refrigerator for an unusually long time.

Put evaporated milk in top of double boiler and heat over hot water. Let it cook 3 to 4 minutes after milk is scalded. Pour into a bowl, cool, then chill in refrig-

erator pan. The flavor is more delicate if it remains in the refrigerator for several hours, without freezing. Beat with an egg beater until very light. Evaporated milk must be scalded and then chilled before it can be whipped like cream. One cup will increase in bulk two to three times. It may be used unbeaten if preferred. It can replace the cream in any mousse or ice cream which contains gelatine.

Gelatine is a Desirable Addition

Whipped cream needs no gelatine, but most mixtures freeze more smoothly if they contain one level teaspoon of gelatine to each cup of liquid. Charlotte russe and bavarian cream recipes will often be found to call for more gelatine than this. The additional amount may well be omitted when mixture is to be frozen.

Gelatine makes frozen things smoother, helps to keep them from becoming icy and helps them stand without melting while they are being served. Too much gelatine gives a jellied and not an ice cream consistency.

How to Use Gelatine

Measure granulated gelatine into a cup and for each level teaspoon add 1 tablespoon cold water or other liquid. When water is absorbed set cup in a dish of boiling water and stir until gelatine is dissolved. Add a small amount of the ice cream or sherbet mixture and then strain into remaining mixture. Chill in refrigerator pan. Before it is firmly set, mixture may be beaten until light. One-quarter package sweetened and flavored gelatine dissolved in 1 cup boiling water may be used with ½ pint cream and no extra sugar.

Why Some Mixtures Never Freeze

Mixtures that are too sweet will not freeze except at a very low temperature — a temperature lower than is possible in a refrigerator.

How Much Sugar Can be Used

The proportion of one part sugar to four parts liquid is satisfactory for almost any dessert. It is sweet enough to taste good and not sweet enough to prevent freezing. Some desserts are good with less. In some cases ⅓ cup sugar to one cup liquid can be used. If you have difficulty with freezing a mixture, first check up to be quite sure that it is not too sweet.

Corn Syrup in Water Ices and Ice Cream

Corn syrup added to a water ice, ice cream or mousse, helps to prevent an icy consistency. In place of using all sugar in a recipe, the proportion of one part corn syrup to two parts sugar is good. In a recipe calling for ½ cup sugar use either ½ cup of sugar or ⅓ cup sugar and 3 level tablespoons of corn syrup, or ¼ cup corn syrup and ¼ cup sugar. In any recipe calling for sugar only, part sugar and part corn syrup can be used.

Originality

As this book is being compiled the electric refrigerator is yet a new invention and the total sum of its usefulness has not in any way been discovered. It has proved

that it is an immense improvement over the ice chest that has to be chilled by ice.

It remains for the users of electric refrigerators to continue to find new ways to make it serve them. The right kinds of dishes for holding foods enable large quantities of foods to be placed in the refrigerator. This is a space saver for small homes. If moist and liquid foods are put away in covered containers they keep better and the covers help to keep down the bill for electricity. Uncovered liquids increase the running cost.

In using an ice-cooled chest very careful daily watch must be kept of the chest and all contents. This worry disappears with the General Electric Refrigerator. Food keeps perfectly for several days and often longer and one always seems to be able to utilize the left-overs with no waste.

Fine cooking calls often for many different ingredients and these are easily kept on hand in a General Electric Refrigerator and may mean better food and more interesting menus. Something in the refrigerator may very often be substituted for an ingredient called for in a recipe but not to be found in the house. Do not be afraid to make this change.

In using the recipes in this book for salads, ices, and ice creams do not be afraid to be original. Study and understand the principles of foundation mixtures and vary them to suit the ingredients that should be used, or enlarge on the suggestions given to increase the variety of what you serve.

Plan menus which utilize the power of the refrigerator. Let it cut down the time of meal preparation. Use frozen desserts freely.

FREEZING A SALAD

Ice blocks will keep for a day in a glass tray under chilling unit, while desserts or salads are being frozen above

METHODS OF FREEZING

General Directions for Freezing

For rapid freezing it is absolutely necessary to have good contact between the tray and the chilling unit. Freezing time can be greatly shortened if these principles are followed:

Spill a little water in the chilling unit before putting the cast iron freezing tray support in place. This will make it freeze solidly to the chilling unit.

Allow the chilling unit to frost, so that the tray will rest in a bed of snow or else spill water on the iron block, so that the tray will freeze to it.

The bottom tray always freezes faster than the top one, and the shallow tray faster than the deep one.

A spatula or knife may be inserted between the lower tray and tray support to loosen the tray after it is frozen.

A tray of ice cubes may be placed on top of the mixture that is to be frozen. This will preserve the ice from melting, and will hasten the freezing in the lower container. Use cover on the lower pan.

Time Required for Freezing

Depends on AMOUNT of mixture to be frozen
TEMPERATURE of mixture when put in
CONSISTENCY and SWEETNESS of mixture
TEMPERATURE outside of refrigerator
AMOUNT of foodstuff in the refrigerator
FREQUENCY with which doors are opened
FREQUENCY with which mixtures are stirred.

To Freeze Mixtures That Must be Stirred

There are two methods of freezing mixtures that must be stirred. For either of the two methods described, below, first pour the mixture when cool into refrigerator pan and place in chilling unit. In ½ hour it will be frozen slightly at the back.

Freezing Method I—A small amount of mixture will be partially frozen in about 1 hour. A larger amount will take a longer time. When the mixture is partially frozen remove it from refrigerator pan, put in large mixing bowl and beat vigorously with a rotary egg beater. Return to refrigerator pan, place again in chilling unit and leave. In 2 to 2½ hours the mixture may be beaten a second time, returned to the pan and left until ready to serve.

Freezing Method II—When the mixture is partially frozen stir it toward the front to thoroughly mix the frozen and liquid portion. Return to refrigerator and continue to stir and mix every 15 or 20 minutes, or stir only twice during freezing if mixture is rich with cream. Scrape and beat each time until the mixture is perfectly smooth. It will take 2 to 8 hours to freeze, depending upon the amount.

The results are about the same whether the mixture is beaten once or twice with a rotary egg beater during the freezing or stirred every 20 minutes with a spoon. But it requires less of the housekeeper's time to use the egg beater than to do the stirring.

Sherbets and Water Ices—Sherbets and water ices, even with plenty of beating, have not the same light consistency as when frozen by churning in a regular freezer, but they are very cooling and refreshing, especially on a hot day. They are best if they are eaten as soon as they are frozen to the desired consistency. This takes from 1½ to 2 hours for 1 pint of mixture. If left for more than 3 hours they are likely to become more hard and icy.

Ice Cream—Frozen ice cream can be packed in the large pan of the General Electric Refrigerator and used as desired. Any ice cream mixture can be frozen in the General Electric Refrigerator, but it must be stirred or beaten while it is freezing. It will not be quite as smooth as if it were churned all the time that it was freezing.

Rich mixtures, those containing much cream, can be left almost indefinitely after they are frozen.

To Freeze Desserts and Salads That Need No Stirring

Freezing Method III—Many mixtures can be frozen without stirring. Put mixture in the refrigerator pan and leave in the chilling unit 3 hours or until mixture is firm.

A mousse or a parfait frozen in this way in the General Electric Refrigerator is most delicious.

One hour makes 1 pint of mixture very cold and partially frozen.

After 2 hours it has a mushy consistency.

In 3 or 4 hours it should become hard enough to slice and hold its shape. It can be served the same as ice cream. Very fluffy mixtures may not freeze as solidly on top as on the bottom.

In 4 hours it seems to be especially good and somewhat ripened.

A larger amount of mixture takes a longer time to freeze.

It is usually practical to prepare a frozen mixture immediately after one meal and leave it in the refrigerator until the next. One to 2 quarts of mixture may require 7 hours. We have filled the large pan with mousse on Saturday morning, have gone away from home and returned to serve it Sunday night. It can be prepared after breakfast and served for evening dinner or after lunch to serve in the evening.

To Remove Desserts from Refrigerator Pan—Place refrigerator pan for an instant in a large pan of warm water, loosen from the edges with a knife and invert on serving dish; or remove with a spoon or ice cream scoop and put in individual glasses; or cut in squares or in slices, remove with a broad spatula and serve on ice cream plates. To facilitate removal, pans may be lined with heavy paraffin paper before packing frozen ice cream or mixtures that need no stirring.

Individual Frozen Desserts—Any mousse or parfait may be frozen, or a frozen ice cream can be packed in small molds in the chilling unit.

To Serve Individual Desserts—Dip molds for an instant in warm water, loosen around the edge and invert on serving plate.

To Freeze in Paper Charlotte Russe Cups—Charlotte russe cups come in three sizes. Those with a diameter of 2½ and 2¾ inches are very satisfactory. The dessert need not be removed from the cases before serving.

Put charlotte russe cups in refrigerator pan, fill with any mousse or parfait mixture, garnish and decorate as desired and freeze by Freezing Method III, page 45. They can be left all day without harm. Serve paper cases on a doily on an ice cream plate.

Freeze Two Flavors at Once—Where more than four or five people are to be served it is almost as easy to make two kinds of mousse as to make only one kind, and the resulting dessert is more attractive and interesting. Good combinations are Chocolate Mousse—No. 40 and Mint Mousse (see Twenty-seven Flavors for Frozen Desserts, page 99), or Strawberry Mousse (like Peach Mousse—No. 41) and Chantilly—No. 37 or Vanilla Mousse—No. 36. Freeze in opposite ends of the pan and serve a portion of each kind in glasses or freeze in two or three layers and cut in slices.

A two- or three-layer mold or Neapolitan mousse can easily be achieved with a General Electric Refrigerator.

To Freeze in Layers—Put a layer of mousse or parfait in the large pan. When frozen cover with another layer of a different color. Let that freeze and cover with a

third layer. Freeze and serve cut in slices. Two layers or four layers can be made in the same way. It is not necessary to freeze the layers one at a time unless you wish the divisions to be very straight and even.

How to Double Mold in Large Pan—Half fill large pan with mousse or ice cream mixture, reserving 2 cups of the mixture. When frozen push well up on the side, fill center with mousse mixture of different color or flavor, leave until frozen, cover gently with reserved mousse mixture, return to refrigerator and leave until completely frozen or, use twice the recipe for any ice cream. When frozen, remove a portion from the center, quickly fill center with mousse or parfait, cover with ice cream and return at once to chilling unit. A pleasing combination is Chocolate Ice Cream—No. 59 and Marshmallow Parfait—No. 52. Mousse II—No. 39 and Marquise—No. 44. Allow 6 or 7 hours for freezing.

To Freeze Two Things at the Same Time

Use the half-size pans selecting the shallow or deep half pans according to the amount of mixture to be frozen. You may make one mixture, divide in two portions, flavor and color each portion differently and freeze in two separate pans. Or make a mousse in one pan and a salad or sherbet for the other pan. Or freeze a half pan of ice blocks and a half pan of ice cream or mousse at the same time.

The half-pans are convenient when freezing two kinds of cream for fancy or double-molded desserts. Allow time for creams to become firmly frozen, fill molds as desired and return to chilling unit until time for serving.

How to Double Mold in Individual Molds—Mixtures freeze more quickly around the edges. When partially frozen, remove 2 or 3 teaspoons of the mixture from the center and fill with mousse or parfait of an entirely different color and flavor, or with crushed fruit. Return to refrigerator until frozen to center.

Decorated Frozen Desserts—The attractive designs that can be made on top of mousses or parfaits, with colored whipped cream forced through pastry tubes, are limited only by the artistic ability of the cook. Even with no special ability, lovely company desserts can be made.

How to Decorate with Whipped Cream—Put any mousse or parfait mixture in individual molds, or put smoothly in pan of refrigerator. Beat ½ cup cream

with 2 tablespoons sugar and ½ teaspoon vanilla until stiff. Divide in two portions and make one portion green and add a few drops of almond extract; the other portion pink, yellow, or lavendar and add flavor

Put a small plain tube in pastry bag, or use a paper pastry bag with the point clipped off. Put in the green whipped cream and make stems on the dessert. Use a leaf tube or paper tube cut like this to make green leaves here and there on the stems. With another bag and small rose tube (or paper cut like a leaf tube) filled with pink cream, make tiny flowers on the dessert (see page 85).

Freeze like Desserts and Salads that Need No Stirring, page 45.

Other Decorations—For effective decorations on mousses and parfaits, chopped or powdered macaroons or nut brittle can be sprinkled on top. Or whole nuts, chopped nuts, maraschino cherries, candied cherries or other candied fruits, cut in bits, can be placed in designs on the mixture. Marshmallows cut in strips with scissors dipped in hot water can be arranged like a flower. A bit of yellow candy or whipped cream can be added for the center.

How to Remove Decorated Mousse from Pan—When a pan of mousse is decorated, remove carefully by inserting a spatula around the edge and underneath. It may be necessary to remove a small portion of the frozen mixture with a spoon to get the spatula underneath.

Frozen Birthday Cakes—Dessert may be frozen in a small round pan. Remove from pan to inverted refrigerator pan or cover, decorate with whipped cream in an appropriate pattern and return to chilling unit to freeze the decorations.

How to Double Mold in Baking Powder Boxes—These are often called "rolls." Line baking powder boxes with a frozen mixture. Fill center with mousse of a different flavor and color, cover and return to chilling unit until center is frozen. Or, follow directions for Molding in Large Pan or Molding in Individual Molds. Two mixtures may be frozen in half size pans, and then be combined in special molds. Place molds in direct contact with cast iron freezing tray. It is wise to use gelatine in both mixtures. Try Strawberry or Orange Milk Sherbet—No. 29 and Vanilla Mousse—No. 39. These may be served surrounded with spun sugar or with an ice cream sauce.

ICE BLOCK IN PUNCH BOWL

Only the purest water is used for the large block of ice in this punch. Allow at least seven hours for freezing. When frozen place on shelf below chilling unit if ice cream is to be frozen

ICE BLOCKS — *Plain and Fancy*

Twenty-four hours after installation of the General Electric Refrigerator, it can be used for making ice blocks or cubes.

Ice cubes are attractive in a glass of water or other cold drink. They may be flavored or colored or decorated. Crushed ice is used in soup plates under raw oysters and clams, and to surround fish or fruit cocktails and fruit juices. Ice blocks, colored and decorated, may be used in punch bowls.

To Make Ice—No. 1—Dip the cast iron support in water and place in position. Put 2 quarts of water in large pan and 1 quart of water in the small pan. The water in the small pan will freeze in less than 4 hours. The water in the large pan will freeze in less than 8 hours. For quick freezing place the shallow tray beneath the larger one on top of the support, and interchange as soon as lower tray is frozen solid. More than 6 pounds of ice can be made at one time — enough to freeze 3 quarts of ice cream in a regulation freezer.

To Freeze Ice Cubes — No. 2 — Put into the pans the partitions which come with them and fill with water. In the small pan you can make 28 cubes of ice — in the large one, 28 double-size cubes. If an extra supply is needed, just store the finished cubes in the glass tray under the chilling unit. They will remain frozen for 24 hours.

To Remove Ice Blocks—No. 3—When wanted for use for cooling water or other beverages hold the pan of ice blocks under the faucet, bottom side up, and then top side up. Remove ice and partitions. Blocks can then be removed easily from between the partitions.

Colored Ice Cubes—No. 4

Add to
1 quart water any desired
Food color. Red and green are especially attractive
Better still, add enough bright colored
Fruit juice to color and flavor the water. Freeze like No. 2.

Blackberry Ice Cubes with Lemonade—No. 5

Mix
2 cups blackberries with
½ cup sugar or use
1 No. 2 can of blackberries. Strain through a sieve. Pour
1 cup cold water through the sieve to dilute the syrup.
Freeze like No. 2 and serve 2 or 3 blocks in each glass of
Lemonade. Other berries, especially raspberries and loganberries may be used in place of the blackberries. The solid fruit which remains in the sieve may be forced through the sieve and be used for Fruit Cream—No. 31.

Ice Block for Punch Bowl—No. 6

Fill large refrigerator pan with
Water, plain or delicately colored, and freeze like
No. 1. Remove from pan, place in punch bowl and surround with
Lemonade, or any desired fruit punch.

Garnished Ice Cubes—No. 7

Put in each compartment of large or small refrigerator pan
1 maraschino cherry or
1 candied cherry or
1 or 2 mint leaves or
1 violet without the stem or
1 pansy or
1 tiny rosebud or
1 flower of hyacinth or
¼ slice of lemon or
Checkerberries. Fill with
Water and freeze like No. 2, or half fill the pan and when frozen add a decoration to each compartment and add a little
Water. Let that freeze until the decoration is held in position, then fill the tray with water and finish freezing, with the decoration in the center.

Decorated Ice Block—No. 8

Before the ice block No. 6 is frozen completely, remove some of the water from the center and place a wreath of
Candied cherries and
Mint leaves on the ice. Add enough
Water to barely hold the decorations in place and return to refrigerator. When this water is frozen so that the decorations will hold, fill the space with more
Water and let it freeze. Remove by holding the pan for a moment under the running water. Place with the decorated side uppermost in punch bowl and surround with any desired
Punch.

JELLIED CHICKEN

Elaborate looking dishes made with aspic jelly are especially nice for buffet suppers. The layers of jelly set quickly when mold is placed in chilling unit

COLD SOUPS AND ASPIC JELLY

Jellied soups are especially attractive and appetizing in hot weather. Any clear soup can be used by adding three tablespoons of gelatine to each quart of soup stock before clearing.

Fruit soups are chilled to a mush and served in bouillon cups.

Jellied Soup Stock—No. 9

Wipe

2 pounds meat and bone. "Left-overs" can be used. Force meat through food chopper. Put with the bones in soup kettle, add

4 slices onion

1 quart water or vegetable stock and

1 teaspoon salt and other vegetables and

Seasonings if desired. Let stand ½ hour. Bring slowly to boiling point, boil 5 minutes to insure sterilizing and cook slowly for 2 to 3 hours in fireless cooker or on back of range. Strain, cool quickly and remove fat. Put

Stock in stew pan, add

Salt, pepper and other

Seasonings to taste. Add

1 egg white, slightly beaten, with

Egg shells broken in small pieces

3 tablespoons granulated gelatine and if red soup is desired add

⅔ cup raw beets and

2 tablespoons vinegar; or for dark soup,

2 cups chopped mushroom stems and skins. Heat

slowly to boiling point, stirring constantly. Boil hard 2 minutes, remove from heat and let stand 20 minutes or until a decided separation takes place. Strain through a double thickness of cheesecloth into refrigerator pan or into cups. When cool, place in refrigerator until firm and cut in small cubes or serve in cups without cutting.

Iced Fruit Soup—No. 10

Drain syrup from
Canned pineapple, add to 1 cup syrup
5 cloves and
2-inch piece of cinnamon and bring to boiling point. Add
1 tablespoon arrowroot or cornstarch mixed with
⅓ cup cold water. Stir and cook 3 minutes, add
⅓ cup sugar
⅛ teaspoon salt
1 cup orange juice and
¾ cup grapefruit juice. Strain into refrigerator pan, cool, then put in chilling unit and chill 1½ to 2 hours, stirring once or twice.

Quick Aspic Jelly—No. 11

Soak
1½ tablespoons gelatine in
½ cup cold water. Dissolve
2 bouillon cubes in
1½ cups boiling water, add gelatine and stir until gelatine is dissolved. Flavor to taste with
Newburg sherry or
Lemon juice,
Few grains cayenne and
Salt if needed.

Salad in Aspic Jelly—No. 12

Put
1 tablespoon Quick Aspic or Jellied Soup Stock—No. 9 into each of 6 small molds. Put in chilling unit of General Electric Refrigerator for 5 minutes. Remove and decorate with
Egg custard,
Truffle or
Pimento cut in small fancy shapes, and
Sprigs of parsley—or in any way desired. Cover carefully with enough
Aspic jelly to hold the decoration in place and return to chilling unit of refrigerator for 4 minutes. Put in each mold a ball of
Chicken Salad. Cover with
Aspic and return to the chilling unit for 20 minutes or until firm. Remove to shelf of refrigerator until wanted. Remove from molds and serve on
Lettuce.

Other salads, or slices of chicken or tongue, may be used in place of chicken salad.

Jellied Chicken—No. 13

Put

1 quart chicken stock in sauce pan with

3½ tablespoons gelatine and

1½ tablespoons lemon juice. Add more

Seasonings if necessary and

2 egg whites slightly beaten, with the shells. Stir constantly over the fire until boiling point is reached. Let stand away from the fire for ten minutes or until a decided separation takes place. Strain through double cheesecloth and make a layer ¼ inch deep in large refrigerator pan. Chill in refrigerator and when firm place the refrigerator pan in a large pan surrounded with water and ice cubes. Garnish with

Hard cooked egg cut in fancy shapes and

Cress leaves and stems. Add a little jelly very carefully to hold decorations in place and return to refrigerator until firm.

Cut

1 cooked chicken or fowl and

1 pound cooked ham in strips and place one layer lengthwise on the jelly. Cover with jelly and return to chilling unit until firm. Fill the pan with alternate layers of chicken and ham and jelly and place in refrigerator but not in chilling unit until time for serving. Loosen around the edge with a spatula and turn out on a platter. Garnish with

Lettuce and

Cress, the remaining

Chicken jelly chopped and

Hard cooked egg cut in eighths.

Canned chicken and Quick Aspic Jelly—No. 11, made with chicken bouillon cubes, may be used.

Stuffed Tomatoes in Aspic—No. 14

Peel
Small tomatoes, make an opening in top of each and remove soft center. Fill with
⅓ cup finely cut celery mixed with
2 tablespoons nut meats cut fine and moistened with
Mayonnaise dressing. Make a layer of
Aspic in individual molds as for
Salad in Aspic Jelly—No. 12. Place tomatoes top side down on the jelly, surround with
Aspic and leave in refrigerator but not in chilling unit, until firm. Dip molds for an instant in hot water, loosen around edges, and turn out on nests of
Lettuce leaves. Serve with
Salad dressing.

FRUIT COCKTAIL

Serve fruit cocktails in double cocktail glasses surrounded with crushed ice or chill completely before serving in a glass without crushed ice

FRUIT COCKTAILS AND FROZEN SALADS

Almost every kind of fresh or canned fruit, alone or in combination, can be used as a first course at luncheon or dinner. Fruit should be thoroughly chilled before serving. It should not be allowed to become icy.

Orange Juice Cocktails—No. 15

Cut a thin slice from the tops of
4 small oranges. Remove pulp and juice, add
½ cup grapes skinned and seeded
½ cup crushed pineapple
Few grains salt
Lemon juice and
Sugar to taste. Put in refrigerator pan, in chilling unit and leave until liquid becomes mushy, stirring occasionally. Serve in orange skins or in glasses surrounded with
Crushed ice.

Grapefruit Cocktails—No. 16

Put in double cocktail glasses
Grapefruit sections free from membrane and cut in pieces, and
Strawberries, hulled and cut in pieces. Chill in refrigerator and serve surrounded with
Pale green ice, crushed, see page 54, and garnish with
Mint cherries, or serve as a salad in a hollowed half of
Iceburg lettuce.

Grapefruit and Lobster Cocktail or Salad—No. 17

Cut

Grapefruit in two and remove centers with grapefruit corer. With grapefruit knife cut around each section between skin and membrane and remove membrane. Cut points with scissors or with grapefruit cutter or with a sharp knife make handles. Cover edges with finely chopped

Watercress. Remove every alternate section from grapefruit and replace with

Lobster or

Crabmeat or

Sardines. Fill center of each grapefruit with a mixture of

1 teaspoon celery, finely cut, and mixed with

Finely cut pecan nut meat, and moistened with

Mayonnaise dressing. Chill in refrigerator, directly under chilling unit and serve on individual plates garnished with

Chicory and watercress.

Melon Cocktail—No. 18

Remove

1 cup balls from a cassaba melon or a cantaloup, using a French vegetable cutter. Add

1 cup balls cut from an apple

1 cup Tokay grapes, skinned and seeded

2 tablespoons syrup from maraschino cherries and

Few grains salt. Chill in chilling unit. Crush plain or Colored Ice Blocks—Nos. 2 or 4. Put in the outer part of cocktail glasses. Put fruit in the inner glass and garnish with

Cherries.

Frozen Salads

Frozen salads can be served as a salad course or if made of fruit may replace other dessert. They are practical and attractive for afternoon and evening parties.

Tomato and Chicken Bombe—No. 19

Make twice the recipe for
Tomato Frappé No. 28, letting it freeze until quite stiff. Mix together
½ cup cooked white meat of chicken cut in small dice
¼ cup string beans cut in small pieces
½ cup cold boiled rice
2 tablespoons green pepper cut in small pieces
½ cup celery cut in small pieces and
½ tablespoon chopped parsley. Add
⅔ cup mayonnaise dressing mixed with
⅔ cup cream beaten stiff
½ tablespoon gelatine soaked in
2 tablespoons cold water and dissolved over hot water (see page 39) and
½ teaspoon salt. Garnish large refrigerator pan with stems and leaves cut from
Green pepper and halves of
Blanched almonds. Line with
Frozen tomato reserving one-third of the mixture for the top. Fill center with the
Chicken mixture, cover with reserved tomato and return to chilling unit for 4 to 6 hours or until center is frozen. Serve on bed of
Lettuce leaves.

FROZEN FRUIT SALADS

Made by combining any fresh cooked or canned fruits with salad dressing. Gelatine and whipped cream are frequently added. Freeze in refrigerator pan

Tomatoes Stuffed with Frozen Salad—No. 20

Cut a slice from tops of
6 large firm tomatoes. Scoop out the pulp, cut in small pieces, add the juice, strained to remove seeds, add
1 large cucumber chopped, discarding seeds
1 green pepper chopped, discarding seeds
1 teaspoon Worcestershire sauce
2 teaspoons gelatine soaked in
¼ cup cold water and dissolved over hot water
½ teaspoon onion juice
1½ teaspoons salt
1 teaspoon paprika
½ teaspoon mustard
Few grains cayenne
1 cup mayonnaise dressing or sauce tartare. Mix well and freeze in refrigerator pan (like Freezing Method II, page 44) and serve in the tomatoes.

Frozen Cheese—No. 21

Grate
¼ pound (1 cup) American cheese, add
1 cream cheese and
1 cup mayonnaise dressing and beat thoroughly. Fold in
6 maraschino cherries, chopped fine,
6 green mint cherries, chopped fine, and
½ pint cream beaten stiff. Freeze like Desserts and Salads That Need No Stirring, page 45. Remove to serving dish and sprinkle with
½ cup chopped nuts or
with
Paprika.
Serve with salad course.

Frozen Lobster Salad—No. 22

Mix
1 cup lobster meat cut in pieces with
½ cup white sauce
½ cup white stock in which
1 tablespoon gelatine has been soaked and dissolved
¼ teaspoon salt and
Few gratings nutmeg. Leave until cold.
Beat
¾ cup cream until stiff, beat in
½ cup mayonnaise dressing, add to the lobster mixture and freeze in refrigerator pan. Serve on a bed of
Lettuce or
Romaine.
Crab meat or other shell fish, salmon or chicken may be used in place of lobster.

Chilled Fruit Salad—No. 23

Cut in small pieces and put in refrigerator pan sections, free from membrane of
3 oranges
6 halves of canned peaches
6 halves of canned pears
1 cup maraschino cherries and
1 cup melon. Mix gently and leave until firm but not icy. Scoop out into nests of
Lettuce leaves, serve with
½ pint cream beaten stiff with
¼ cup sugar
⅛ teaspoon salt and
1½ tablespoons maraschino syrup and with it serve small
Salty crackers.

Frozen Fruit Salad—No. 24

Soak
1 teaspoon gelatine in
3 tablespoons syrup from canned fruit, place over hot water until gelatine is dissolved and add slowly to
⅓ cup mayonnaise dressing. Beat
⅔ cup cream until thick and gradually beat in the mayonnaise. Fold in
1 to 2 cups fruit, fresh or canned and cut in small pieces, and season to taste with
Salt
Paprika and
Powdered sugar. Turn into refrigerator pan and leave 2 hours. The cream should be frozen but the fruit should not be allowed to freeze. Serve on
Lettuce with
French or
Mayonnaise dressing.

Frozen Pineapple Salad—No. 25

Cream
½ cup cream cheese, add
¼ cup salad dressing
½ pound marshmallows cut fine and
1 small can crushed pineapple. Beat
½ pint cream until stiff and fold into the mixture. Let stand in refrigerator pan for 3 hours. Serve with
Salad dressing and a
Maraschino cherry on top of each portion. Pass separately
Hot toasted crackers.

FROZEN STRAWBERRIES

Strawberries, crushed with sugar to taste, make a perfect dessert if left in the chilling unit until the liquid is of the consistency of sherbet

ICES, SHERBETS AND FROZEN FRUITS

Water Ices and Frappés

A water ice is a mixture of fruit juice, water and sugar. The water and sugar can be boiled to a very thin syrup to give an especially smooth consistency. The mixture must be stirred while freezing. Since it will be somewhat coarse it may be more properly called a frappé, which is a coarsely-frozen water ice. The more fruit juice and the less water used the better will be the frappé. An egg white beaten stiff may be beaten in when mixture is partially frozen.

Orange Frappé—No. 26

Put in saucepan
⅓ cup sugar
3 tablespoons white corn syrup
1 cup water and the yellow rind from
1 orange. Boil 2 minutes, cool, add
1 cup orange juice
2 tablespoons lemon juice and a
Few grains salt. Strain into refrigerator pan and freeze like Freezing Methods I or II, page 44. It should be ready to serve in about three hours.

Other fruit juice may be used in place of orange juice. Grape, loganberry, raspberry, and strawberry juices are especially good. Cranberry jelly frozen, and other frappés are often served with the meat course.

TOMATO FRAPPÉ WITH BEEFSTEAK

Frozen cranberries, frozen pineapple, tomato frappé, orange frappé, lemon sherbet, chopped mint, and other frozen fruits and fruit juices are easily prepared in the General Electric Refrigerator

Grape Juice Ice—No. 27

Put in saucepan

¼ cup sugar

⅓ cup water

¼ cup white corn syrup

1 tablespoon Certo and boil 2 minutes. Remove from fire. Add

2 tablespoons lemon juice

½ cup cold water and

¾ cup grape juice. Chill, beat and freeze like Freezing Methods I or II, page 44.

Certo is a liquid pectin used in making jams and jellies. It makes a smooth water ice.

2 teaspoons gelatine soaked and dissolved in 1 tablespoon water may be used in place of Certo.

Tomato Frappé—No. 28

Cook

2 cups canned tomato

6 peppercorns

Bit of bay leaf

2 cloves

2 tablespoons sugar

1 teaspoon salt and

1 slice onion for ten minutes. Rub through a sieve and pour mixture into refrigerator pan. Freeze like Freezing Method II, page 44. When ready to serve, fill small glasses one-third full of

Lettuce very finely shredded and marinated with

French dressing. Fill glasses with

Tomato frappé and serve with the meat course.

Milk Sherbets

Milk sherbets are made of rich milk flavored to taste with acid fruit juice as lemon, orange or strawberry. Use not more than ⅓ cup sugar to 1 cup of liquid. Add the fruit juice slowly to the milk stirring constantly. Mixture may curdle if fruit is put in too rapidly. If mixture should curdle, beat with egg beater when mixture is partially frozen in order to make it smooth. Part cream and part milk make a richer dessert. Slightly sour milk and cream may be used. The addition of gelatine as suggested in Gelatine as a Desirable Addition, page 39 — or corn syrup as in Corn Syrups in Water Ices and Ice Cream, page 40 — makes a smoother sherbet.

Strawberry Milk Sherbet—No. 29

Wash and hull
1 pint box strawberries, sprinkle with
½ cup sugar and a
Few grains salt. Cover and let stand 1 to 2 hours. Mash and set aside. Soak
1½ teaspoons gelatine in
2 tablespoons cold water, dissolve over hot water, (How to Use Gelatine, page 39). Add
1½ cups rich milk, then add
Strawberries rubbed through a coarse strainer. Freeze like Freezing Method II, page 44.

Lemon Cream Sherbet—No. 30

Mix
⅔ cup sugar or ⅓ cup sugar and ⅓ cup corn syrup
⅓ cup lemon juice
1½ cups milk
½ cup cream, sweet or sour, and
Few grains salt. Add gradually to
2 teaspoons gelatine soaked and dissolved in
2 tablespoons cold water (How to Use Gelatine, page 39). Chill in large refrigerator pan, then beat 10 minutes or until very light. Return to chilling unit and leave until frozen. If the mixture separates and the bottom portion becomes icy, it should be beaten again.

Fruit Creams

Rub fresh or cooked fruit through a sieve and add lemon juice to bring out flavor. When partially frozen mix with cream beaten stiff. This may then be called a "Fruit Cream."

Apricot Cream—No. 31

Rub through a sieve enough
Canned or stewed apricots to make 1 cup. Add
1 teaspoon gelatine soaked and dissolved in
1 tablespoon cold water (How to Use Gelatine, page 39)
Fold in
½ to 1 cup whipped cream and freeze like Desserts and Salads That Need No Stirring, page 45.

Frozen Crushed Fruit

Frozen crushed fruit can be served as a first course for breakfast or luncheon; as a salad or dessert for luncheon, or dinner.

Mash almost any fresh or canned fruit, sweeten to taste, put in refrigerator pan and leave 1 to 1½ hours or until semi-solid, stirring occasionally. Serve in tall glasses with or without whipped cream.

Frozen Strawberries—No. 32

Sprinkle
1 quart strawberries with
¾ cup powdered sugar and mash slightly.
Put in refrigerator pan and stir every 20 minutes until frozen.
It will take about 1½ hours. Serve in tall glasses with
Whipped cream.

In place of strawberries use
Apricots, fresh or canned and crushed, or dried apricots soaked, stewed, sweetened to taste and rubbed through a sieve;
Blackberries, fresh or canned,
Loganberries, fresh or canned,
Melon, crushed or diced,
Peaches, fresh or canned and cut in small pieces,
Pineapple, crushed, or
Raspberries, fresh or canned.

Use not more than 1 cup sugar to a solid quart of fruit and juice; less if the fruit has already been sweetened or is canned.

Frozen Canned Fruit

Canned fruit, if not too sweet, can be emptied directly from the can into the pan of the General Electric Refrigerator and left 1 to 2 hours or until syrup is mushy. Serve before the fruit becomes frozen, in glasses with whipped cream, or in slices on lettuce leaves with salad dressing. If syrup is very sweet it should be diluted with water, as syrup, if it is too sweet, will not freeze. The fruit juice may be stirred once or twice while freezing in order to freeze evenly. Fruit may be left in large pieces or cut in slices, or be mashed, as preferred. Pineapple, peaches, pears, apricots and berries are all delicious used in this way.

Pears Frozen with Ginger Ale—No. 33

Drain syrup from
Canned pears and put pears in refrigerator pan. Add to
Pear syrup an equal amount of
Ginger ale. Pour over the pears and leave 2 hours or until mushy. Place
Pears in nests of
Lettuce leaves, fill center with
Preserved ginger, chopped, or with
Chopped nuts or with
Cream cheese and serve with
Mayonnaise dressing or omit lettuce and serve with
Whipped cream.

NEAPOLITAN ICE CREAM

Colorful and attractive effects may be obtained by freezing two or more layers of ice cream or mousse in the same pan and serving on colored plates

MOUSSES, PARFAITS AND ICE CREAMS

When to Serve Frozen Whipped Cream

Frozen whipped cream is much nicer than plain whipped cream with many hot desserts, especially fresh apple pie, hot mince pie, baked Indian pudding, chocolate bread pudding, fruit dumplings, etc.

Frozen Whipped Cream—No. 34

(Same as Mousse I)

Put

½ pint cream in top of one-quart double boiler or straight-sided bowl. Beat with rotary egg beater until it begins to thicken. Add

4 level tablespoons sugar

1 teaspoon vanilla or other flavoring

Few grains salt and beat until stiff. If cream is very heavy, 2 to 8 tablespoons of milk may be beaten in, one at a time. Pack smoothly in small pan of refrigerator or shape in large roses with a pastry bag and rose tube, or put smoothly into small molds. Put in chilling unit and leave 3 hours or longer.

Colored Whipped Cream—No. 35

A bit of color may be added to make cream delicately pink, green or yellow before whipping. The colored frozen whipped cream is especially attractive with some colorless or dark desserts.

Mousse I

Frozen Whipped Cream—No. 34, when served as a dessert becomes a mousse. It is the simplest dessert that you can make. It may be served plain or with crushed sweetened fruit, fresh or canned, with ice cream sauce, and in any other way in which you serve ice cream. It may be varied by the addition of different flavors, and garnishes.

The last eighteen of the Twenty-seven Flavors for Frozen Desserts, page 97, may be used with or without vanilla in Vanilla Mousse I, below.

Vanilla Mousse I—No. 36

Beat
1½ cups cream until light and beat in gradually
¼ cup sugar
2 tablespoons corn syrup
1½ teaspoons vanilla and
Few grains salt. Put in refrigerator pan and freeze by Freezing Method III, page 45.

Chantilly Mousse—No. 37

Beat
½ pint cream until stiff and gradually beat in
¼ cup powdered sugar
Few grains salt and
1 teaspoon vanilla or
5 drops essence of violet. Fold in

1 cup meringues or kisses broken in pieces. Put in refrigerator pan or in paper cases, garnish if desired with
Candied violets and bits of angelica and leave in chilling unit three hours or longer.

Dry macaroons are an attractive addition to a mousse, which then is called a "Biscuit Tortoni." Other crumbs can be used in place of macaroons, such as grapenuts, dry cake crumbs, cookie crumbs (especially ginger cookies), and crumbs of puff paste (especially those containing frosting and nuts). Brown Bread Mousse is made with dry brown bread crumbs.

Biscuit Tortoni—No. 38

Roll and pound or break in pieces enough
Dry macaroons to make ¾ cup, add
½ cup of the macaroons to
¾ cup top milk and
¼ cup sugar with a
Few grains salt. Stir until well mixed and let soak for one hour.
Beat
½ pint cream until thick and gradually beat in the macaroon mixture together with
½ teaspoon vanilla and
¼ teaspoon almond extract. Fill paper cases with the mixture, cover with
Reserved macaroon crumbs and freeze like To Freeze in Paper Charlotte Russe Cups, page 47.

Mousse II

One cup milk or other liquid in which 1 teaspoon gelatine is dissolved can be combined with Mousse I and will make half as much again as when cream alone is used. Any of the Twenty-seven Flavors for Frozen Desserts, page 97, may be used with or without vanilla in Vanilla Mousse II below or fruit juice or pulp may be used in place of milk.

Vanilla Mousse II—No. 39

Soak

1 teaspoon gelatine in

1 tablespoon cold water, dissolve by placing cup in boiling water, add slowly

¼ cup milk, then add to

¾ cup milk, add

½ cup sugar, or ⅓ cup sugar and 3 tablespoons light colored corn syrup

Few grains salt and

2 teaspoons vanilla. Strain into refrigerator pan and put in chilling unit. When beginning to stiffen, beat until light. Beat

½ pint cream until stiff and gradually beat in the gelatine mixture. Freeze like Desserts and Salads That Need no Stirring, page 45.

Chocolate Mousse—No. 40

Put in top of double boiler

¼ cup milk and

1 teaspoon gelatine. When milk is hot and gelatine is dissolved, add

½ cup cold milk, strain into refrigerator pan and put in freezing chamber of refrigerator. When cool beat until light. Meanwhile, melt over hot water
1 square chocolate, add
½ cup sugar
Few grains salt and
1 teaspoon vanilla and very slowly add
¼ cup milk. Stir until mixture boils. Strain and cool. Beat
½ pint cream until thick. Add beaten milk slowly and fold in the chocolate mixture. Pour into refrigerator pan and freeze like Desserts and Salads That Need No Stirring, page 45. Serve if desired with
Whipped cream beaten stiff and flavored with vanilla or with oil of peppermint, or serve with
Chocolate Sauce—No. 60.

Peach Mousse—No. 41

Peel
Fresh peaches and mash enough to make 1 cup, add
½ cup sugar, or ⅓ cup sugar and 3 tablespoons corn syrup
Few grains salt
1 teaspoon gelatine soaked and dissolved in
1 tablespoon water (see How to Use Gelatine, page 39) and a
Few drops almond extract. Put in refrigerator pan in freezing chamber. Stir and beat when it begins to thicken. Beat
½ pint cream until stiff, beating in gradually the peach mixture. Put in refrigerator pan and leave 3 hours or until frozen. If canned peaches are used it may not be necessary to add any sugar.

Mousse III

One cup milk thickened with one tablespoon flour or cornstarch adds bulk to Mousse I —No. 36 at little expense. The resulting mousse is not as rich as Mousse I — but it is preferred by many people for that reason. To make a plain but wholesome dessert, prepare double the recipe for Vanilla Mousse III using only one cup or less of cream in place of two cups. Flavor in any way suggested in Twenty-seven Flavors for Frozen Desserts, page 97, with or without the vanilla.

Vanilla Mousse III—No. 42

Scald
⅔ cup milk and add
1 tablespoon cornstarch or flour mixed with
⅓ cup sugar
3 tablespoons corn syrup
Few grains salt and
⅓ cup cold milk, and stir until smooth. Cover and cook 15 minutes. Remove from fire, strain into refrigerator pan and chill. Beat
½ pint cream until thick, add
2 teaspoons vanilla and beat in the chilled mixture. Freeze like Desserts and Salads That Need No Stirring, page 45.

Cinnamon Mousse—No. 43

Scald a 5-inch piece of stick cinnamon with the milk in making Vanilla Mousse III—No. 42. Omit the vanilla and flavor with ⅛ teaspoon oil of cinnamon.

Mousse III can be made into a more elaborate mousse by the addition of candied fruit and different flavors.

Marquise—No. 44

Make
Mousse III—No. 42, using only
½ teaspoon vanilla. Add
¾ teaspoon orange extract
½ teaspoon almond extract
¼ teaspoon lemon extract
12 candied cherries cut in fourths
1 green candied plum cut in pieces
½ slice candied pineapple cut in pieces.
Freeze in the shallow pan or in individual paper cases. Garnish if desired with whipped cream colored and flavored and put on in fancy designs by forcing through pastry bag and tube. See pages 49 and 50.

Mousse IV

A light, fluffy mousse can be made if eggs are added to Mousse II or Mousse III, or eggs alone can be used for thickening.

Flavor Vanilla Mousse IV below in any way suggested in Twenty-seven Flavors for Frozen Desserts, page 97, with or without the vanilla.

Vanilla Mousse IV—No 45.

Scald
1 cup milk with
1 teaspoon gelatine. Stir until gelatine is dissolved, then add to
2 egg yolks mixed with
¼ cup sugar and
¼ cup white corn syrup and a
Few grains salt. Return to double boiler and stir until thickened. Strain onto
2 egg whites beaten stiff. When cool, put in refrigerator until very cold. Beat
½ pint cream until thick, add
2 teaspoons vanilla, then add cold mixture gradually beating just enough to mix. Turn into pan of refrigerator and freeze like Desserts and Salads That Need No Stirring, page 45.

Ginger Mousse—No. 46

Add to
Vanilla Mousse IV before freezing
¼ cup preserved ginger chopped fine and
2 tablespoons ginger syrup.

Orange Pekoe Mousse—No. 47

Scald
1 cup milk with
2 cloves and
1 teaspoon gelatine, add
1½ tablespoons Orange Pekoe tea (use the fresh, dry tea leaves) and add to
2 egg yolks mixed with
⅓ cup sugar and 3 tablespoons corn syrup
Few grains salt, and
Grated rind 1 orange. Return to double boiler and stir until thickened. Strain, cool and cut and fold into
2 egg whites beaten stiff. Stir occasionally until cold and beginning to stiffen. Beat
½ pint cream until thick, add mixture gradually, turn into pan of refrigerator and freeze like Desserts and Salads That Need No Stirring, page 45.

Fruice Mousse

Frozen fruit juice with a mousse on top is easy and unique. The cream, being lighter than the juice, remains on top and the two will freeze at the same time. When cut in squares for serving, or frozen in individual molds, the two layers make a most attractive dessert.

Orange Fruice Mousse—No. 48

Put
Mousse I or II on Orange juice in alternate layers with sections of Orange free from membrane and cut in pieces.

Loganberry Fruice Mousse—No. 49

Put in refrigerator pan
1 cup syrup from canned loganberries mixed with
1 cup water. Beat
½ pint cream until it begins to thicken, then beat in
4 tablespoons thick Chocolate Sauce—No. 60, one at a time, or ¼ cup sugar and 1 teaspoon vanilla. Put on top of the fruit juice and leave until frozen.

An Inexpensive Dessert

There is sometimes a demand for a frozen dessert that is not too rich and is not expensive.

Milk Mousse—No. 50

Scald
1 cup milk with
¼ cup sugar
¼ cup corn syrup and
2 teaspoons gelatine. Stir until gelatine is dissolved. Remove from fire, add
1 cup cold milk, strain into refrigerator pan and add a
Few grains salt and
2 teaspoons vanilla. Put in chilling unit and leave ½ hour or until firm. Put in mixing bowl and beat until very light. Return to refrigerator pan and leave until partially frozen. Again beat until very light. Return to chilling unit until firm. Serve with
Crushed fruit or
Ice cream sauce, or use in place of whipped cream on hot or cold desserts.

Parfaits

Parfaits are the richest desserts that can be made. A white parfait is made with a syrup added to beaten egg whites and combined with whipped cream.

Angel Parfait—No. 51

Put
⅓ cup sugar and
4 tablespoons water in saucepan, stir until sugar is dissolved and boil until syrup spins a thread when dropped from tip of spoon. Remove from fire. Beat
2 egg whites until stiff. Add syrup slowly continuing to beat mixture until light and fluffy. Chill, stirring occasionally. Beat
½ pint cream until thick, add
1½ teaspoons vanilla, then beat in egg mixture with a few turns of the egg beater. Freeze like Desserts and Salads That Need No Stirring, page 45.

Marshmallow Parfait—No. 52

Add to
Angel Parfait—No. 51
9 marshmallows cut in pieces.

Pistachio Parfait—No. 53

Add to
Angel Parfait—No. 51
Bit of green color
½ teaspoon almond extract and
¼ cup finely chopped pistachio nuts.

Yellow Parfait

A yellow parfait is made with a syrup cooked with egg yolks until light and fluffy and combined with whipped cream. Egg whites are sometimes added.

Butterscotch Parfait—No. 54

Put in saucepan

⅓ cup brown sugar, add

1 tablespoon butter, stir until melted and boil one minute. Add

¼ cup water and again stir and cook until butterscotch is melted. Beat

2 egg yolks in top of small double boiler until very light, add

Syrup gradually and beat and cook over hot water until very light and fluffy. Put in refrigerator pan and chill. Beat

½ pint cream until stiff, add a

Few grains salt and

1½ teaspoons vanilla and beat in

Egg mixture with a few turns of the egg beater. Put in refrigerator pan and freeze like Desserts and Salads That Need No Stirring, page 45.

Maple Parfait—No. 55

Make like Butterscotch Parfait using ¼ cup maple syrup in place of brown sugar and water. After cooking with egg yolks pour over 2 egg whites beaten stiff and finish as above.

Ice Cream

Some ice cream recipes freeze more smoothly than others in a General Electric Refrigerator. When made like the following (thickened with a combination of gelatine and flour and egg) they are very satisfactory.

Vanilla ice cream can be varied with any desired flavor (see Twenty-seven Flavors for Frozen Desserts, page 97) and can be served in any way suggested on pages 101 to 109.

Vanilla Ice Cream—No. 56

Put

1½ cups milk in top of double boiler and add

1 teaspoon gelatine. When milk is scalded, stir until gelatine is dissolved. Mix

½ cup sugar or ⅓ cup sugar and 3 tablespoons corn syrup

1 teaspoon flour and a

Few grains salt. Add to milk and stir until thickened. Cover and cook ten minutes. Beat

1 egg yolk slightly, add a portion of the hot milk, return to double boiler and stir and cook one minute. Strain into refrigerator pan, chill, then beat until very light. Beat

1 egg white until stiff, then beat

½ cup cream until stiff and beat into first mixture with

2 teaspoons vanilla and the egg white. Freeze like Freezing Methods I or II, page 44 and serve in any way desired.

Rich Ice Cream

Make Mousse III or Mousse IV, flavoring as desired. Both are similar in consistency to a rich churned ice cream. They may be frozen by Freezing Methods I or II, page 44 or Desserts and Salads That Need No Stirring, page 45.

Walnut Nougat Ice Cream—No. 57

Scald
1 cup milk with
1 teaspoon gelatine and add slowly to
3 egg yolks mixed with
¼ cup sugar and a
Few grains salt. Return to double boiler and stir constantly until coating is formed on the spoon. Strain and cool. Put
⅓ cup sugar in frying pan and stir until melted and slightly brown. Add
⅓ cup walnut meats, finely chopped and turn mixture into a slightly buttered pan. When cold put through food chopper, add to custard, then add
½ pint cream beaten stiff and
2 teaspoons vanilla. Freeze by Freezing Method I or II, page 44.

Other nuts may be used in place of walnuts.

To make a rich fruit ice cream omit the walnuts, use sugar without melting it and add to the mixture, dates or prunes cut in pieces, or any desired fresh or canned fruit, allowing one cup, or less of fruit. Use less sugar if fruit is very sweet.

Ice Cream with Evaporated Milk

A strong flavor is desirable with these ice creams for those who dislike the flavor of evaporated milk. If evaporated milk is scalded and chilled the flavor is improved.

Coffee Ice Cream with Evaporated Milk—No. 58

Put in saucepan
1 cup strong black coffee infusion
½ cup sugar and
1 teaspoon gelatine. Heat until gelatine is dissolved, strain, cool in refrigerator and beat until very light. Scald
1 cup evaporated milk, (see How to Use Evaporated Milk, page 38). Chill and beat until very light and gradually beat into the coffee mixture. Turn into refrigerator pan and freeze like Desserts and Salads That Need No Stirring, page 45.

Chocolate Ice Cream—No. 59

In top of double boiler melt
1½ squares chocolate, add
½ cup sugar or ¼ cup sugar and ¼ cup corn syrup; mix well, add slowly
1 teaspoon gelatine soaked in
1 cup evaporated milk. Scald and stir until blended. Chill, add
1 cup water and freeze. Beat with egg beater once during the freezing. Serve with or without whipped cream, or with Marshmallow Sauce—No. 63, flavored with ½ teaspoon vanilla in place of peppermint.

ICE CREAM SAUCES

Why go out to the soda fountain when you can have a chocolate or maple nut sundae at an instant's notice by visiting your own refrigerator

ICE CREAM SAUCES

Frozen desserts are often served with a sauce. A simple mousse or ice cream may be served with a different sauce each day for the sake of variety.

Chocolate Sauce—No. 60

Melt in saucepan over hot water
1 square unsweetened chocolate, add
1 tablespoon butter and very slowly
⅓ cup boiling water. Bring to boiling point, add
1 cup sugar and
2 tablespoons corn syrup. Boil 5 minutes, or until of desired consistency, which is best determined by testing on ice cream. Cool and add
½ teaspoon vanilla and a
Few grains salt. Serve hot or cold with
Vanilla or other ice cream, mousse or parfait, or use for milk shakes.

Mocha Chocolate Sauce—No. 61

Use
⅓ cup strong coffee in place of water in Chocolate Sauce—No. 60.

Butterscotch Sauce—No. 62

Put in top of double boiler
½ cup dark corn syrup
½ cup white sugar
½ cup heavy cream and
1½ tablespoons butter. Cook 45 minutes over hot water, stirring occasionally.

Marshmallow Mint Sauce—No. 63

Put

½ cup sugar and

¼ cup water in saucepan and boil 5 minutes. Add

8 marshmallows cut in pieces. Let stand 2 minutes away from the fire and pour slowly over

1 egg white beaten stiff, continuing the beating. Flavor with

1 drop oil of peppermint or with

½ teaspoon peppermint extract. Serve with

Chocolate Mousse—No. 40.

Pineapple Mint Sauce—No. 64

Put

1 cup crushed pineapple in saucepan with

1 cup sugar and add

Green color to make a brilliant green. Add

¾ cup water and simmer 10 minutes. Cool; add

6 drops oil of peppermint and chill.

Serve on Vanilla Mousse or Ice Cream.

Melba Sauce—No. 65

Force

1 cup canned or fresh raspberries through a sieve fine enough to hold back the seeds. Add

¼ cup sugar and cook 6 minutes, or long enough to make a heavy syrup (216 degrees F.). Serve cold.

This is especially good on Vanilla Ice Cream No. 56 or a Chocolate Ice Cream.

For Peach Melba place half a canned peach on ice cream or any Vanilla Mousse and cover with Melba Sauce.

TWENTY-SEVEN FLAVORS FOR FROZEN DESSERTS

The following flavors and additions may be used with
Vanilla Ice Cream—No. 56,
Vanilla Mousse II—No. 39,
Vanilla Mousse III—No. 42,
Vanilla Mousse IV—No. 45,
Ice Cream with Evaporated Milk—page 93.

All except the first eight may be used with
Vanilla Mousse I—No. 36,
Angel Parfait—No. 51,
Yellow Parfait—page 90.

Other flavor may be omitted although vanilla is desirable in most cases. If vanilla flavor is desired, one teaspoon vanilla to each cup of liquid is a good rule to follow in most frozen mixtures.

For

Butterscotch—Heat with the milk ¾ cup brown sugar and 2 tablespoons butter stirred over the fire and boiled one minute. Omit other sugar.

Caramel—Heat with the milk ½ cup sugar and ¼ cup water, boiled to a light brown syrup. Omit ½ the sugar called for in the recipe.

Chocolate—Heat with the milk 1½ squares unsweetened chocolate and ¼ cup sugar, or ½ cup Chocolate Sauce—No. 59. Omit ¼ cup of sugar from ice cream formula.

Cinnamon—Heat with the milk a 2-inch piece stick cinnamon and add a few drops oil of cinnamon.

Cocoa—Heat with the milk ⅓ cup cocoa mixed with the sugar.

Cocoanut—Heat with the milk ½ to 1 cup shredded cocoanut.

Coffee—Heat with the milk 4 tablespoons ground coffee and strain through cheesecloth before adding anything else.

Maple—Heat with the milk ½ cup maple syrup or ½ cup maple sugar and omit white sugar and corn syrup.

Almond—Add ½ teaspoon almond extract or ½ cup blanched toasted almonds.

Bisque—Add ¼ cup chopped nuts and ¼ cup macaroon crumbs.

Frozen Pudding—Add ⅓ cup chopped candied fruit and flavor to taste with rum extract.

Ginger—Add ¼ cup preserved ginger chopped fine and 2 tablespoons ginger syrup.

Honey—Use honey to sweeten, omitting sugar.

Lemon—Add grated rind ¼ lemon and 1 tablespoon lemon juice.

Macaroon—Add 4 dry macaroons rolled fine.

Marmalade—Add ½ cup marmalade and 1 tablespoon lemon juice and omit sugar and corn syrup.

Marshmallow—Add 1 cup marshmallows cut in pieces.

Meringue—Add 2 egg whites beaten stiff with 1 tablespoon powdered sugar.

Mint—Add 3 to 4 drops oil of peppermint and green coloring.

Nut—Add ½ cup finely chopped filberts, pecans or walnuts. Sprinkle with a few of the nuts.

Orange—Add ½ teaspoon orange extract; or grated rind ½ orange and sections or juice of two oranges.

Peanut Brittle—Add ½ cup peanut brittle forced through food chopper and omit sugar.

Pineapple—Add ½ to 1 cup crushed pineapple. An equal amount of milk should be omitted.

Pistachio—Add ½ teaspoon vanilla, ¼ teaspoon almond extract and green coloring.

Praline—Add ½ cup sugar, caramelized, mixed with ⅓ cup chopped nut meats and a few grains salt, cooled, pounded and rubbed through a strainer. Omit other sugar.

Raisin—Add ¾ cup chopped raisins.

Raspberry—Add 1 teaspoon raspberry extract and pink coloring or 1 cup crushed and sweetened raspberries.

Strawberry—Add 1 cup crushed strawberries mixed with ¼ cup sugar and 1 egg white beaten stiff.

When added to mousses, some of the nuts or other ingredients can be sprinkled or arranged on top as a garnish.

PINEAPPLE SMASH

This is a cooling and refreshing beverage to serve at any time. The family and guest will appreciate this variation from the usual ginger ale or fruitade

ATTRACTIVE METHODS OF SERVING FROZEN DESSERTS

Ice Cream Sodas

These can easily be made at home if you have a siphon of soda. Use an ice cream sauce or fruit syrup, almost fill the glass with soda water and add a spoonful of ice cream or mousse. Serve with two straws.

Chocolate Ice Cream Soda—No. 66

Put in tall glass, add
¼ cup Mocha Chocolate Sauce—No. 61,
Siphon soda to within an inch of the top, shake or stir, then add
1 small scoop Chocolate Mousse—No. 40.

Strawberry Ice Cream Soda—No. 67

Fill glass one-fourth full of
Syrup from canned strawberries or raspberries. Add
1 large spoonful of Vanilla Ice Cream or Mousse, pages 80 to 91, and fill glass with soda water or charged water. Use other fruit syrups in the same way.

Ginger Ale Mint Freeze—No. 68

Put
3 tablespoons Pineapple Mint Sauce —No. 64, in a tall glass. Fill glass with
Ginger ale and add
Crushed ice. Top with
Frozen Whipped Cream—No. 34, and serve.

Smashes

Frozen fruit juice added to a fruitade with or without ginger ale, is called a smash.

Pineapple Smash—No. 69

Boil together for 3 minutes
2 cups water and
1 cup sugar. Add
1 pint can grated pineapple and
Juice of 3 lemons. To 1 cup of mixture add
½ cup ice water and turn into refrigerator pan and leave in refrigerator until frozen, stirring occasionally. Put the remainder in refrigerator but not in chilling unit. To serve put
2 ice cubes in tall glass. Strain the syrup and put
⅓ cup on the ice cubes. Almost fill glass with
Ginger ale and add a
Spoonful of pineapple sherbet, a sprig of
Mint and a
Maraschino cherry.

Pineapple Frappé—No. 70

If all the above mixture is frozen it can be served as Pineapple Frappé.

Orange Smash—No. 71

Put
2 ice cubes, page 53, in tall glass. Almost fill glass with
Chilled orangeade and add a spoonful of
Orange Frappé—No. 26

Floats

A float is an iced beverage with or without soda water, served with a scoop of ice cream. Mousse or parfait can be used in place of ice cream.

Chocolate Float or Milk Shake—No. 72

Put
3 tablespoons Chocolate Sauce—No. 60 in tall glass. Fill glass with
Rich cold milk. Beat or shake thoroughly and top with
Frozen Whipped Cream—No. 34 or
Chocolate Mousse—No. 40. Serve immediately with or without
Whipped Cream.

Coffee Float or Milk Shake—No. 73

Put
4 tablespoons cold coffee in tall glass with
2 teaspoons sugar. Fill glass with
Cold milk, mix thoroughly and top with
Frozen Whipped Cream—No. 34.

Maple Float—No. 74

Put
2 tablespoons maple syrup in the bottom of a tall glass and nearly fill glass with
Cold rich milk. Shake thoroughly, add a scoop of
Mousse I or
Vanilla Ice Cream—No. 56, and serve at once.

COUPES

Raisins, maraschino cherries and shredded blanched almonds can be kept on hand. Combined with a heavy sugar syrup they make a delicious sauce for a coupe

Coupes

Any ice cream, mousse or parfait served with crushed fruit or other sauce becomes a "coupe."

It is usually served from an ice cream scoop into stem glass on a doiley on a plate. Fresh or canned fruit sweetened to taste or the sauces on pages 95 and 96 may be used. They are most attractive if contrasting colors are used for ice cream and sauce.

Strawberry Coupe—No. 75

Hull and pick over
Strawberries. Mash, sweeten to taste, and put in the refrigerator to chill. Fill glasses half-full of strawberries, cover with
Macaroon Mousse (see Twenty-seven Flavors for Frozen Desserts, page 97 or Biscuit Tortoni, No. 38) garnish with
Whole strawberries and with
Whipped cream forced through a pastry bag and rose tube.

Chocolate Mint Coupe—No. 76

Put a layer of
Chocolate Mousse—No. 40 in tall glass, cover with a layer of
Mint Mousse (see Twenty-seven Flavors for Frozen Desserts, page 99) and with another layer of
Chocolate Mousse. Top with
Marshmallow Mint Sauce—No. 63 or serve with
Chocolate Sauce—No. 60.

Sundaes

Any ice cream, mousse or parfait served in a glass with a sauce and sprinkled with nuts becomes a "sundae."

Butterscotch Sundae—No. 77

Serve
Butterscotch Parfait—No. 54, in glass with
Butterscotch Sauce—No. 62, and sprinkle with
Chopped nuts.

Fig Almond Sundae—No. 78

Fill glasses two-thirds full of
Vanilla Mousse—No. 42; Cover with
Canned fresh figs, cut in pieces or rubbed through a sieve, with their syrup and sprinkle with
Salted almonds, shredded.

Fruit Nut Sundae—No. 79

Wash, stone and cut in pieces
½ cup dates; cut in pieces
½ cup maraschino cherries; mix and add
¼ cup maraschino syrup
½ cup preserved figs cut in pieces and
Syrup in which they are preserved. Chill thoroughly and just before serving add
⅓ cup blanched almonds, halved and browned in the oven.
Serve on
Vanilla mousse or ice cream, pages 79 to 92.
This is an especially delicious sundae.

Ice Cream Sandwiches or Shortcakes

An ice cream sandwich or shortcake is made with a slice of any frozen dessert between two slices of cake. It is usually served with a sauce. Nuts can be sprinkled on top.

Raspberry Ice Cream Sandwich—No. 80

Make
Raspberry Mousse (use raspberries in place of peaches in Peach Mousse—No. 41, freezing it in small refrigerator pan in a layer 1 inch thick). Cut
Angel cake or any light white cake in slices. Cut the mousse in slices the same size and place between the slices of cake. Serve with
Melba Sauce—No. 65.

Vassar Devils or Luxuro Eclair—No. 81

Serve
Chocolate Mousse—No. 40, between slices of
Chocolate cake or use a large eclair. Cover with
Marshmallow Mint Sauce—No. 63, and with
Chocolate Sauce—No. 60, and sprinkle with
Chopped nuts.

Pineapple Ice Cream Sandwich—No. 82

Serve
Vanilla Mousse I, II, III, or IV, pages 80 to 86, between slices of
Yellow cake. Cover with
Crushed pineapple.

Baked Alaska

This is a very popular dessert which is considered difficult to make. Yet with these directions and a General Electric Refrigerator, anyone should be able to make it.

Baked Alaska—No. 83

Make twice the recipe for

Mousse III—No. 42, but omit the sugar and in its place add

1 cup Peanut Brittle forced through a food chopper or crushed. Freeze in large refrigerator pan until very firm. Bake

Sponge cake in a shallow pan and cut in a sheet 7 inches by 11 inches. Make a stiff

Meringue—No. 84. Cover a small board with a paper doily a trifle larger, and lay the sponge cake on the doily. Remove mousse to sponge cake, cover quickly and completely with the meringue, spreading it smoothly or leaving it rough, or decorating with pastry bag and rose tube, as you please. Place in broiling oven or in a very hot oven and brown quickly. It will take about two minutes. Remove, doily and all, from board to serving platter and serve immediately.

Meringue—No. 84

Beat

6 egg whites until stiff and add gradually

¾ cup powdered sugar and

1 teaspoon vanilla.

Ice Cream Pies—No. 85

Cut

Plain or Puff Paste—No. 99 in circles and bake on the outside of muffin pans. Cool and when ready to serve put a layer of

Apple sauce in the bottom of each pastry case. Cover with a scoop of

Vanilla or Chantilly Mousse—No. 42 or 37 and with a thick

Meringue—No. 84 piled high. Place on a board and put in broiling oven or in a very hot oven until meringue is delicately brown. Serve immediately.

Any fresh or canned fruit, crushed and sweetened to taste can be used in place of the apple sauce, and any simple mousse in place of those suggested.

Ice Cream Cones—No. 86

Fill

Cones with

Mousse or ice cream made by any of the foregoing recipes. Sprinkle the cream, if desired, with

Chocolate shot

Coralettes or

Chopped nut meats.

ICED CHOCOLATE

An appealing nourishing lunch for the children or an invalid is ice cold cocoa or milk flavored with chocolate syrup, topped with whipped cream or beaten egg white

FROZEN DELICACIES TO TEMPT THE INVALID

In cases of sickness cold things are often more welcome than other kinds of food. Almost any liquid can be partially frozen in the General Electric Refrigerator before being served. One-third cup beef juice will freeze to a mush in 5 minutes. Two-thirds cup of bouillon can be served in 10 minutes. One cup fruit juice requires ½ hour or longer.

Frappéd Ginger Ale—No. 87

Pour 1 small bottle ginger ale in small pan of refrigerator and put in freezing chamber. It should begin to freeze in 15 minutes. Stir to mix the frozen and liquid portions thoroughly. It should be ready in 40 minutes.

Frappéd Bouillon—No. 88

Dissolve

1 bouillon cube in

1 cup boiling water. When cool freeze like Freezing Method II, page 44.

Frappéd Clam Juice—No. 89

Wash and scrub

12 clams. Put in saucepan and add

2 tablespoons cold water and cook until shells open. Remove clams from shells, reserving *all* the liquid. Strain the liquid through a double thickness of cheesecloth into refrigerator pan, place in chilling unit, stir every 15 minutes and serve as soon as frozen.

Frappéd Egg Nog—No. 90

Beat
1 egg white until stiff. Then beat
1 egg yolk until light, add
1 teaspoon sugar
Few grains salt
Few gratings nutmeg and
⅔ cup milk. Add egg white and turn into refrigerator pan. This should begin to freeze in 25 minutes and should be ready in 50 minutes. Stir frequently.

Frappéd Grape Juice—No. 91

Mix
¼ cup grape juice with
¼ cup water and add
Sugar to taste. Pour into small pan of refrigerator and put in chilling unit. Stir occasionally until partially frozen. Add
1 egg white beaten stiff, mix well, and freeze without stirring until mixture will hold its shape.
Other fresh fruit juices may be used in this way. Egg white may be broken with a fork and mixture strained.

Frappéd Sherry Milk—No. 92

Mix
1 cup top milk or light cream with
2 tablespoons lactose. Add
½ teaspoon Sherry Jell, put in small pan of refrigerator and put in chilling unit. Freeze, stirring occasionally until mixture is half frozen. Serve
½ punch glass to fever patient every two hours.

Orange Ice for Diabetics—No. 93

Squeeze juice from
1 orange, add
2 teaspoons lemon juice and
1 saccharine tablet. When saccharine is dissolved pour into refrigerator pan and stir every 15 minutes until stiff enough to serve, which will take about 40 minutes. Saccharine may be omitted.

Frappéd Chicken Broth—No. 94

Strain
1 cup rich seasoned chicken broth in refrigerator pan. Stir in
¼ cup finely cut cooked chicken. Freeze, stirring occasionally, until firm. Serve in a bouillon cup.

Other Diabetic Dishes—No. 95

Many of the preceding recipes can be used for a diabetic if sugar and corn syrup are omitted and saccharine is added, to suit the taste. For example:

Grape Juice Ice—No. 27
Tomato Frappé—No. 28
Strawberry Milk Sherbet—No. 29
Lemon Cream Sherbet—No. 30
Vanilla Mousse I—No. 36
Vanilla Mousse II—No. 39
Peach Mousse—No. 41
Vanilla Mousse IV—No. 45
Orange Pekoe Mousse—No. 47
Orange Fruice Mousse—No. 48
Milk Mousse—No. 50
Coffee Ice Cream with Evaporated Milk—No. 58

CHILLED DESSERTS AND PASTRIES

Jellied Desserts

The congealing of gelatine desserts can be greatly hastened if the mold is placed in the chilling unit of the refrigerator until jelly is firm. If left too long it may freeze.

Orange Jelly Molded in Layers with Fruit—No. 96

Soak
1½ tablespoons granulated gelatine 5 minutes in
¼ cup cold water, dissolve in
1 cup boiling water, strain and add to
⅔ cup sugar with
1 cup orange juice and
2 tablespoons lemon juice. Put a thin layer in a fancy mold, and place in refrigerator. When firm decorate with a few pieces from
1 banana sliced and cut in fancy shapes,
1 cup strawberries sliced and cut in fancy shapes,
4 marshmallows cut in strips and
Pistachio nuts, blanched and halved. Put more jelly over the decorations and let stand in refrigerator until firm. Beat ¼ of the jelly until very light and put in the mold. Cut in small pieces what is left after having shaped decorations. Add to remaining jelly and put gently on the sponge. Chill, turn out on large glass serving dish and garnish with
Large strawberries and
Whipped cream.

Cold Desserts

All cold desserts are improved if kept in the General Electric Refrigerator until served.

Rice and Pineapple with Cream—No. 97

Scald
1 cup milk, add
¼ cup rice and cook over hot water 50 minutes or until tender. Rub through a sieve. Add
2 tablespoons sugar
¼ teaspoon salt and
1 cup crushed pineapple, and chill in refrigerator. Just before serving fold in
½ pint cream beaten stiff, pile lightly in parfait glasses and garnish with a
Preserved cumquat or a
Candied Cherry.

Chocolate Ice Box Pudding—No. 98

Put
2 ounces sweet chocolate
2 tablespoons powdered sugar and
2 tablespoons water in top of double boiler. When chocolate is melted and mixture is smooth, add
4 egg yolks slightly beaten, stir, cool and fold in
4 egg whites beaten stiff. Split
Lady fingers, if double, place a layer in brick mold lined with oiled paper, cover with chocolate mixture, put in another layer of the lady fingers, and chocolate, and continue until mixture is used. Let stand 24 hours in refrigerator, but not in chilling unit. Turn out on platter, and decorate with
Whipped cream.

Pastry

Plain pastry is often made more flaky by chilling in the refrigerator until stiff.

Puff paste must be chilled while being made to keep butter firm, before shaping so it can be cut smoothly, and before baking to make it rise. Chill it on a tray under the chilling unit or in one ice tray on top of a tray of cubes in the chilling unit, or in a dripping pan with crushed ice cubes in a pan underneath and more ice cubes in a pan that fits inside the pan containing the pastry.

Puff Paste—No. 99

Wash

1 cup butter in ice water or cold running water, alternately squeezing it and dropping it into the water until butter is waxy and free from butter milk. Pat, shape in circular piece, reserve 1 tablespoon butter and put remainder in pan under chilling unit of the refrigerator.

Work the 1 tablespoon butter into

1½ cups bread flour, mix to a dough with

⅝ cup ice water, using a knife, remove to cloth or board, knead 5 minutes, cover and let stand 5 minutes. Pat and roll ¼ inch thick, keeping corners square. Place butter in center of one side of pastry, fold other side over butter, pressing edges closely together. Fold one end over butter, other end under butter pressing edges together. Turn ¼ way round,

pat with rolling pin, lift to prevent sticking, roll ¼ inch thick, fold in three layers and turn. Repeat 4 times, chilling when necessary and folding the last time in four layers. Shape as desired, chill again, until stiff, but not in chilling unit, bake in a hot oven or at 500 degrees F. until it begins to brown, then finish baking at 350 degrees F. and remove to wire cake cooler.

Patty Cases—No. 100

Chill

Puff Paste in refrigerator until stiff, roll ½ inch thick, shape with patty cutter dipped in boiling water, cut half way through the center with a small cutter, chill again in refrigerator and place on baking sheet. Bake in oven at 550 degrees F. at first, reducing heat after 5 or 8 minutes to 425 degrees F., and turning often that patties may rise evenly. Remove small top carefully, then remove and discard soft center. Fill with any

Creamed chicken or other
Creamed meat or
Creamed shell fish and serve garnished with
Parsley; or fill with
Jam and top with
Frozen Whipped Cream—No. 34.

Tartlet Shells—No. 101

Roll out

Pastry ¼ inch thick and cover the outside of individual tins. Trim off evenly, chill in refrigerator, and bake in a hot oven or at 500 degrees F. from 5 to 10 minutes.

French Pastries—No. 102

Shape
Puff Paste with small fancy cutters as crescents, strips and fluted circles. Chill on baking sheet in refrigerator, bake as suggested in Puff Paste — No. 99. Cool, split and fill with
Marmalade or
Jam or
Cream filling. Frost the tops with
Confectioner's frosting, of various colors and flavors. Decorate if desired with
Chopped nuts,
Candied fruits in small pieces or
Tiny candies or
Whipped cream

Doughnuts—No. 103

Beat slightly
1 egg and
1 egg yolk, adding slowly
½ cup sugar, then add
½ cup rich milk
2 teaspoons melted butter, and
½ teaspoon lemon extract. Sift together, four times
½ teaspoon salt,
2¼ cups bread flour
3 teaspoons baking powder and
¼ teaspoon nutmeg. Combine mixtures. Chill in refrigerator over night. Toss on floured cloth, knead slightly, shape, fry in deep fat heated to 375 degrees F. and drain on paper.

Cookies

Most rolled cookies are improved, being more crisp and delicate, if dough is chilled in the refrigerator before rolling. It may be left covered for days and the cookies shaped and baked a few at a time as wanted. They can be rolled thin without sticking and without the addition of more flour.

Most cookie mixtures if packed solidly in a bread pan and chilled over night in the refrigerator can be sliced thin and put on oiled tin pans in less time than is required to roll and cut them.

Butterscotch Ice Box Cookies—No. 104

Work
½ cup butter or margarine until creamy, add
1 cup brown sugar and when well blended add
1 egg, slightly beaten. Mix well and add
½ teaspoon vanilla. Sift together
2 cups flour
½ teaspoon cream of tartar and
½ teaspoon soda and add to first mixture. Mix well and add
½ cup nut meats broken in pieces. Pack into a small bread pan and leave in the refrigerator over night. When wanted, cut in thin slices and bake 8 minutes in a hot oven or at 400 degrees F. White sugar may replace the brown sugar. Other flavors may be used in place of vanilla. Nuts may be omitted or replaced by cocoanut or raisins.

THE GENERAL ELECTRIC REFRIGERATOR

The General Electric Refrigerator is built with a maximum amount of storage space, a special place for milk, a very cold place for meat, and sufficient room for the many other things that should be kept in a refrigerator.

Even the smaller models, the five and seven cubic-foot sizes, have a shelf area of nine and twelve square feet respectively.

Its chilling unit can make ice for fifty-six glasses of water or iced tea, or make two quarts or more of frozen dessert, enough for eight to sixteen people. If an additional supply of ice is needed, the cubes may be taken out of the pans and placed in the glass tray under the chilling unit. The pans can then be refilled and frozen.

It has a pure white finish outside and inside which is as easily washed and wiped as a china plate. It has no cracks or corners. There is a curve where the sides and bottom meet, so that there is no possible place for anything to lodge.

The shelves are of strong wire, light and easy to handle. A glass tray is provided to catch the drip from the chilling unit, although this

drip is very slow even when the current is turned off.

Since it is kept cold electrically, it need not be near an outside door, nor placed for the convenience of the ice man. All that is necessary is a convenience outlet into which its long cord can be plugged. The most convenient place in the pantry or kitchen is the place for the General Electric Refrigerator.

Perfected after fifteen years of intensive research in the great General Electric laboratories, this refrigerator is different from all others —far simpler in operation—more economical —unusually quiet and needs no oiling.

To thousands of homes it is bringing all the benefits of year 'round refrigeration—bringing them in a simpler, more economical way than they could ever be obtained before.

It maintains a temperature between 30 and 40 degrees F., directly under the chilling unit. In all other parts of the cabinet an average temperature of from 40 to 45 degrees F., insures proper preservation of food.

Halves of peeled fruits after seven days in an ordinary ice-cooled refrigerator. Decomposition had proceeded so far as to make the fruits unfit for human food.

Halves of the same peeled fruits after seven days in a General Electric Refrigerator. There are no signs of decomposition by either bacteria, molds or yeasts.

An Interesting Proof of Food Preservation

THE scientific laboratory has contributed much to the art of better living, and particularly interesting are the comparative tests of food preservation in an ordinary ice-cooled refrigerator, and in a General Electric Refrigerator.

In the Ekroth Laboratories, Inc., at New York, a conclusive test (see results on the opposite page) was conducted over a seven-day period.

An orange, a banana, a peach and an apple, all ripe and in good condition, were peeled and cut in halves. One set of halves was placed in an ice-cooled refrigerator, the other set in a General Electric Refrigerator.

They were left in the refrigerators for seven days and temperature readings were taken in both refrigerators at regular intervals. Also, the doors were opened each half-hour to approximate conditions of ordinary household use.

During all this time, the temperature in the General Electric Refrigerator never went above 45 degrees, Fahrenheit, and never below 41 degrees. In the ice-cooled box, however, the temperature went as high as 68 degrees, and never went below 59 degrees.

The photographs on the opposite page, taken at the expiration of the seven-day period, show how well the fruits were preserved in a General Electric Refrigerator with its scientifically correct temperature that always remains below the danger line — 50 degrees!

INDEX

Menus and Recipes for Electric Refrigerator

Adequate Refrigerator, What is an . . . 31
Afternoon Bridge, Menus for . . . 18, 19, 20
After-Theater Lunches . . . 27, 28, 29
Alaska, Baked . . . 108
Almond Flavor . . . 98
  Sundae, Fig . . . 106
Angel Parfait . . . 89
Apricot Cream . . . 75
Aspic Jelly, Quick . . . 59
  Salad in . . . 59
  Stuffed Tomatoes in . . . 61
Attractive Methods of Serving Frozen Desserts 101
Baked Alaska . . . 108
Birthday Cake, Frozen . . . 51
Biscuit Tortoni . . . 81
Bisque . . . 98
Blackberry Ice Blocks with Lemonade . . . 54
Blocks, Ice . . . 53
Bombe, Tomato and Chicken . . . 65
Bouillon, Frappéd . . . 111
Brown Bread Mousse . . . 81
Butterscotch Flavor . . . 97
  Icebox Cookies . . . 119
  Parfait . . . 90
  Sauce . . . 95
  Sundae . . . 106
Cakes, Frozen Birthday . . . 51
Canned Fruit, Frozen . . . 77
Caramel Flavor . . . 97

Cases, Patty 117
Chantilly Mousse 80
Charlotte Russe Cups, Paper, To Freeze in . . 47
Cheese, Frozen 67
Chicken Bombe, Tomato and . . . 65
  Broth, Frappéd 113
  Jellied 60
Children, Party Menus for . . 24, 25, 26
Chilled Desserts and Pastries . . . 114
  Fruit Salad 68
Chilling, Many Foods are Improved by . 34
Chilling Unit, The 31
  To Defrost 33
Chocolate Flavor 97
  Float 103
  Icebox Pudding 115
  Ice Cream 93
  Ice Cream Soda 101
  Mint Coupe 105
  Mousse 82
  Sauce 95
  Sauce, Mocha 95
Cinnamon Flavor 98
  Mousse 84
Clam Juice, Frappéd . . . 111
Cleaning, Directions for . . . 121
Cocktail 63, 64
  Fruit 63
  Grapefruit 63
  Grapefruit and Lobster . . . 64
  Melon 64
  Orange Juice 63
Cocoa Flavor 98
Cocoanut Flavor 98
Coffee Flavor 98
  Float 103
  Ice Cream with Evaporated Milk . . 93

Cold Desserts 115
Cold Soups and Aspic Jelly . . . 57
Colored Ice Blocks 54
Concerning Refrigerators . . . 30
Contents of Refrigerator, Arrangement of . 33
Cookies 119
  Butterscotch Icebox . . . 119
Corn Syrup in Water Ices and Ice Cream . 40
Coupes 105
  Chocolate Mint 105
  Strawberry 105
Cream, Apricot 75
  Colored or Frozen Whipped . . 79
    Chocolate Float with . . . 103
    Coffee Float with . . . 103
  To Whip 37
Creams, Fruit 75
Crushed Fruit, Frozen 76
Cubes, Ice 53
Cups, Paper Charlotte Russe, To Freeze in . 47
Decorated Frozen Desserts . . . 49
  Ice Blocks 55
  Mousse, How to Remove from Pan . 50
Decorate, How to 50
Decorations, Other 50
Defrost the Chilling Unit, To . . . 33
Delicacies to Tempt the Invalid, Frozen . 111
Dessert, An Inexpensive . . . 88
Desserts and Pastries, Chilled . . 114
  Cold 115
Desserts and Salads That Need No Stirring, To
    Freeze 45
  Attractive Methods of Serving Frozen . 101
  Diabetic 113
  Frozen, Decorated . . . 49
  Individual, Frozen . . . 46
  Individual, Not Stirred . . . 47

Desserts
Individual, To Serve 47
Jellied 114
To Remove, from Refrigerator Pan 46
Diabetic Desserts 113
Directions for Cleaning 121
General 33
Double Mold, How to, in Individual Molds 49
In Baking Powder Cans 51
In Large Pan 48
Doughnuts 118
Eclair, Vassar Devils or Luxuro 107
Egg Nog, Frappéd 112
Evaporated Milk, How to Use 38
Coffee Ice Cream with 93
Ice Cream with 93
Family Menus 12, 13, 14
Fig Almond Sundae 106
Flavors for Frozen Desserts, Twenty-seven 97
Floats 103
Chocolate, Coffee and Maple 103
Foods, Many, Are Improved by Chilling 34
Frappéd Bouillon 111
Chicken Broth 113
Clam Juice 111
Egg Nog 112
Ginger Ale 111
Grape Juice 112
Sherry Milk 112
Frappés, Orange 71
Tomato 73
Water Ices and 71
Freeze, in Layers, To 48
in Paper Charlotte Russe Cups, To 47
Two Things at Same Time, To 49
Why Some Mixtures Never 39

Freezing, General Directions for 43
Desserts and Salads that Need No Stirring 45
Ice Cream 45
Mixtures That Must Be Stirred 44
Sherbets and Water Ices 45
Methods of 44
Method I 44
Method II 44
Method III 45
French Pastry 118
Frozen Canned Fruit 77
Cheese 67
Crushed Fruit 76
Delicacies to Tempt the Invalid 111
Desserts, Attractive Methods of Serving 101
Desserts, Decorated 49
Desserts, Individual 46
Desserts, Twenty-seven Flavors for 97
Fruits, Ices, Sherbets and 71
Fruit Salads 69
Lobster Salad 68
Pineapple Salad 69
Pudding 98
Salad, Tomatoes Stuffed with 67
Salads 65
Salads and Fruit Cocktails 63
Strawberries 76
What Can Be 37
Whipped Cream 79
Colored 79
When to Serve 79
Fruice Mousse 87
Loganberry 88
Orange 87
Fruit Cocktails and Frozen Salads 63
Creams 75
Frozen Canned 77

Fruit
Frozen Crushed 76
Nut Sundae 106
Salad, Chilled 68
Salad, Frozen 69
Garnished Ice Blocks 55
Gelatine is a Desirable Addition 39
How to Use 39
General Directions 33
General Directions for Freezing 43
General Electric Refrigerator, The 120
Ginger Flavor 98
Mousse 86
Ginger Ale, Frappéd 111
Mint Freeze 101
Pears Frozen with 77
Grapefruit Cocktails 63
and Lobster Cocktails or Salads 64
Grape Juice Ice 73
Frappéd 112
Honey Flavor 98
How Much Sugar Can be Used 40
How to Decorate 50
How to Double Mold in Individual Molds 49
How to Double Mold in Large Pan 48
How to Measure 36
How to Remove Decorated Mousse from Pan 50
How to Use Evaporated Milk 38
How to Use Gelatine 39
Ice Blocks 53
Ice Cubes 53
Icebox Cookies, Butterscotch 119
Icebox Puddings 115
Pudding, Chocolate 115
Ice Cream 91
Chocolate 93
Coffee with Evaporated Milk 93

Ice Cream
Cones 109
Corn Syrup, in 40
Methods of Freezing 45
Mousses, Parfaits and 79
Pies 109
Rich 92
Vanilla 91
Sandwiches, Shortcakes or 107
Pineapple 107
Raspberry 107
Sauces 95
Soda, Chocolate 101
Strawberry 101
Twenty-seven Flavors for Frozen Desserts 97, 99
Walnut Nougat 92
With Evaporated Milk 93
Ice, To Make 53
Grape Juice 73
Ices, Corn Syrup in Water 40
Sherbets and Frozen Fruits 71
Water, and Frappés 71
Individual Desserts not Stirred 47
Frozen Desserts 46, 47
Molds, How to Double Mold in 49
Inexpensive Dessert, An 88
Informal Luncheons, Menus for 15, 16, 17
Invalid, Frozen Delicacies to Tempt the 111
Jellied Chicken 60
Desserts 114
Soup Stock 57
Jelly, Orange, Molded in Layers with Fruit 114
Quick Aspic 59
Salad in Aspic 59
Large Pan, How to Double Mold in 48
Layers, To Freeze in 48
Left-overs Can be Used Attractively 35

Lemon 98
Cream Sherbet 75
Lemonade, Blackberry Ice Blocks with 54
Lobster Cocktails or Salads, Grapefruit and 64
Salad, Frozen 68
Loganberry Fruice Mousse 88
Lunch, After-Theater 27, 28, 29
Luxuro Eclair, Vassar Devils or 107
Macaroon Flavor 98
Many Foods Are Improved by Chilling 34
Maple Flavor 98
Float 103
Parfait 90
Marmalade Flavor 98
Marquise 85
Marshmallow Flavor 99
Mint Sauce 96
Parfait 89
Measure, How to 36
Melon Cocktail 64
Menus, Family 12, 13, 14
For Afternoon Bridge 18, 19, 20
After-Theater Lunch 27, 28, 29
Party, for Children 24, 25, 26
For Informal Luncheons 15, 16, 17
For Week-end Guests 21, 22, 23
Meringue 99, 108
Methods of Freezing 43
Methods of Serving Frozen Desserts, Attractive 101
Milk, How to Use Evaporated 38
Mousse 88
Shake, Chocolate or Coffee Float 103
Sherbet, Strawberry 74
Sherbets 74
Mint Flavor 99
Coupe, Chocolate 105
Freeze, Ginger Ale 101

Mint
Sauce, Marshmallow 96
Sauce, Pineapple 96
Mixtures That Must be Stirred, To Freeze 44
Mocha Chocolate Sauce 95
Molds, Individual, How to Double Mold in 49
Mousse I 80
II 82
III 84
IV 86
Chantilly 80
Chocolate 82
Cinnamon 84
Decorated, How to Remove from Pan 50
Fruice 87
Ginger 86
Loganberry Fruice 88
Milk 88
Orange Fruice 87
Orange Pekoe 87
Peach 83
Twenty-seven Flavors for Frozen Desserts 97, 99
Vanilla I 80
Vanilla II 82
Vanilla III 84
Vanilla IV 86
Mousses, Parfaits and Ice Creams 79
Number Served by the Recipes 36
Nut Flavor 99
Nut Sundae, Fruit 106
Orange Flavor 99
Frappé 71
Fruice Mousse 87
Ice for Diabetics 113
Jelly Molded in Layers with Fruit 114
Juice Cocktail 63
Pekoe Mousse 87

Orange
Smash 102
Originality 40
Other Decorations 50
Pan, How to Remove Decorated Mousse from 49
Large, How to Double Mold in 48
Refrigerator Pan, To Remove Desserts from 46
Paper Charlotte Russe Cups, To Freeze in 47
Parfaits and Ice Creams, Mousses 79
Angel 89
Butterscotch 90
Marshmallow 89
Maple 90
Pistachio 89
Yellow 90
Party Menus for Children 24, 25, 26
Paste, Puff 116
Pastries, Chilled Desserts and 114
French 118
Pastry 116
Patty Cases 117
Peach Mousse 83
Peanut Brittle Flavor 99
Pears Frozen with Ginger Ale 77
People, To Serve More Than Four to Eight 36
Pies, Ice Cream 109
Pineapple Flavor 99
With Cream, Rice and 115
Ice Cream Sandwich 107
Mint Sauce 96
Salad Frozen 69
Smash 102
Pistachio Flavor 99
Parfait 89
Praline Flavor 99
Pudding, Chocolate Icebox 115
Puff Paste 116

Punch Bowl, Ice Block for 54
Quick Aspic Jelly 59
Raisin Flavor 99
Raspberry Flavor 99
Ice Cream Sandwich 107
Recipes, Number Served by the General Electric 36
Refrigerator Pan, To Remove Desserts from 46
What is an Adequate? 31
Why a 30
Refrigerators, Concerning 30
Rice and Pineapple with Cream 115
Rich Ice Cream 92
Salad in Aspic Jelly 59
Chilled Fruit 68
Frozen Fruit 69
Frozen Lobster 68
Frozen Pineapple 69
Grapefruit and Lobster Cocktail or 64
Greens 34
Molded in Jelly 59
Tomatoes Stuffed with Frozen 67
Salads and Desserts That Need No Stirring, to Freeze 45
and Salad Dressings 35
Frozen 65
Sandwich, Pineapple Ice Cream 107
Raspberry Ice Cream 107
Sandwiches, Ice Cream 107
Sauces, Butterscotch 95
Chocolate 95
Ice Cream 95
Marshmallow Mint 96
Melba 96
Mocha Chocolate 95
Pineapple Mint 96
Serving Frozen Desserts, Attractive Methods of 101
Shells, Tartlet 117

Sherbet, Lemon Cream . . . 75
Strawberry Milk . . . 74
Sherbets, and Frozen Fruits, Ices . . 71
Milk . . . 74
Sherry Milk, Frappéd . . . 112
Sherbets and Water Ices, Methods of Freezing 45
Shortcakes, Ice Cream Sandwiches, or . 107
Smash, Orange or Pineapple . . . 102
Soup, Iced Fruit . . . 58
Stock, Jellied . . . 57
Soups, Cold, and Aspic Jelly . . . 57
Strawberries, Frozen . . . 76
Strawberry Coupe . . . 105
Flavor . . . 99
Ice Cream Soda . . . 101
Milk Sherbet . . . 74
Stuffed Tomatoes in Aspic . . . 61
Stuffed with Frozen Salad, Tomatoes . . 76
Sugar, How Much Can be Used . . 40
Sundae, Butterscotch . . . 106
Fig Almond or Fruit Nut . . . 106
Fruit Nut . . . 106
Sundaes . . . 106
Syrup, Corn . . . 40
In Ice Cream . . . 40
In Water Ices . . . 40
Tartlet Shells . . . 117
Tempt the Invalid, Frozen Delicacies to . 111
Tomato and Chicken Bombe . . . 65
Frappé . . . 73
Tomatoes Stuffed with Frozen Salad . . 67
Stuffed, in Aspic . . . 61
Tortoni, Biscuit . . . 81
Twenty-seven Flavors for Frozen Desserts . 95
Vanilla Ice Cream . . . 91
Vanilla Mousse I . . . 80
Vanilla Mousse II . . . 82

Vanilla Mousse III 84
Vanilla Mousse IV 86
Vassar Devils or Luxuro Eclair . . 107
Walnut Nougat Ice Cream . . . 92
Water Ices, Corn Syrup in . . . 40
and Frappés 71
and Sherbets, Methods of Freezing . 45
Week-end Guests, Menus for . 21, 22, 23
What Can be Frozen . . . 37
What is an Adequate Refrigerator? . 31
When to Serve Frozen Whipped Cream . 79
Whip Cream, How to . . . 37
Whipped Cream 79
Colored 79
How to Decorate with . . . 50
Frozen 79
Chocolate Float with . . . 103
Coffee Float with . . . 103
When to Serve Frozen . . . 79
Why a Refrigerator 30
Why Some Mixtures Never Freeze . . 39
Yellow Parfait 90

NOTES ON YOUR FAVORITE RECIPES

Sales Promotion Division

W9-CNP-501